

THE SECOND EDITION
OF
"COOKERY FOR THE MILLION."

BEING

202

PRACTICAL, ECONOMICAL, RECIPES

IN

INDIAN COOKERY,

BY

HARRIET LAWRENCE.

BANGALORE:

PRINTED BY RICHMOND F. HAYES,
AT THE DAILY POST AND EXAMINER PRESS,
1886.

Price One Rupee and Eight Annas.



22900067639

Med
K9780

THE SECOND EDITION

OF

“COOKERY FOR THE MILLION.”



BEING

202

PRACTICAL, ECONOMICAL, RECIPES

IN

INDIAN COOKERY,

BY

HARRIET LAWRENCE.



BANGALORE:

PRINTED BY RICHMOND F. HAYES,
AT THE DAILY POST AND EXAMINER PRESS,
1886.



Price One Rupee and Eight Annas.

72194766

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOmec
Call	
No.	QT

NOTE TO THE FORMER EDITION.

THE following few recipes in Indian Cookery, have all been practically tested, and are now submitted to the Public in the hope that they will supply a want long felt in the homes of Anglo-Indians who are often preyed upon by their servants in many different ways. Most of the recipes are given as simply and as cheaply as possible and there can be no doubt that many families will receive help from the following compilation.

P. H. L.



Digitized by the Internet Archive
in 2016

<https://archive.org/details/b28131319>

NOTE TO THE NEW EDITION.

HAVING found the first issue of my "COOKERY FOR THE MILLION" appreciated by the Public and my endeavours to produce a useful collection of practical recipes successful, I am tempted to republish it with the addition of as many recipes as originally appeared. Some of the new ones are original, others have been contributed by some of my friends for which kindness I am thankful, and others have been selected from Cookery books which have been already published. A few mistakes may have inadvertently crept in, these I trust the Public will excuse considering the difficulties under which I have labored in getting up this compilation.

I may add that no less than twenty-three of the original recipes that appeared in my last edition have been reproduced *verbatim* in a recent edition of another Cookery Book published at Madras.

P. H. L.

May 1886.

CONTENTS.



A

A Cheap Breakfast Dish	...	30
Almond Toffee	...	12
Almond Drops	...	102
Aunt Sale's Mango Pickle	...	108
Apple Pudding for Children	...	142
A Cheap Tapioca or Sago Pudding	...	152
Almond Zest	...	175
Almond Drink	...	177
Apple Sauce	...	190
Apple preserved like Ginger	...	194
Apple Chutney Sauce	...	68

B

Blancmange	...	195
Blancmange (<i>Raggie</i>)	...	196
Brinjal Pickle	...	109
Baby's Rice Pudding	...	67
Beef Steaks	...	62
Bengal Chutney	...	66
Blancmange	...	104
Boiled Duck	...	71
Boiled Avarakoi	...	81
Boiled Mochekey	...	87

Bread Pudding	...	27
Brinjal Fry	...	26
Brinjal Bake	...	98
Brinjal Sambal	...	94
Do. another recipe	...	95
Batter for Frying Fish	...	93
Bread and Butter Pudding	...	115
Boiled Cheese	...	118
Brinjal Jam	...	121
Bread and Butter Fritters	...	124
Baby's Pudding	...	128
Bulchan	...	150
Beef a là mode	...	157
Baked Potatoe Pudding	...	164
Butter Chops	...	170
Bombay Pudding	...	176
Biscuits	...	185

C

Cheap Cocoanut Bread Pudding	...	167
Cocoanut Maccaroons	...	174
Candied Citron	...	64
Children's Favourite	...	53
Chutney	...	49
Chutney	...	76
Cocoanut Pudding	...	22
Cocoannt Cream Bullets	...	29
Cocoanut Biscuits	...	42
Cocoanut Jaggery Toffee	...	55

Cocoanut Pullav	...	96
Cocoanut Macroons	...	101
Cocoanut Sweetmeats	...	103
Confection of Almonds	...	86
Curry	...	73
Curry Powder	...	2
Cutlets	...	4
Cousin Emma's Chutney	...	107
Curry Powder	...	138
Clovee	...	162
Claret Cup	...	166

D

Dholl Pepper-water and Mash	...	19
Drumstick Leaves "Foogath"	...	47
Drumsticks or "Moorangay" Chutney	...	57
Dumplings	...	38
Dhodhole	...	117
Dry Mutton Curry	...	140
Docpeaza Hadus	...	155
Damascus Biscuits	...	172

E

Eel Stew	...	43
Egg Fry	...	13

F

Fried Fish	...	32
Full Mangoe Pickle	...	80
Fricadle	...	163

X

Feclioo	...	180
Flummery	...	184
Fresh Cheese	...	173

G

Garlic Mash	...	89
Ginger Beer	...	17
Gram and Greens (<i>Purpoo Keeray</i>)	...	5
Guava Preserve	...	61
Green Tomato Pickle	...	110
Good Puff Paste	...	134
Guava Jelly	...	136
Guava Cheese	...	137
Ginger Cordial	...	163
Ginger Nuts	...	192

H

Homney or "Kullay Modhay"	...	54
Hulwah	...	3
Hasty Pudding	...	130
Hot Pudding Sauce	...	178

I

Indian Mixed Pickle	...	56
---------------------	-----	----

K

Kitcheri Pullav	...	83
Kulkuls or Doughnuts	...	90

L

Lime or Mangoe Pickle	...	70
Lime Syrup	...	75
Lucknow Chutney	...	91
Lime Chutney (Sweet)	...	139
Lime Pickle (Superior)	...	141

M

Mangoe Preserve	...	20
Mangoe Pickle	...	84
Do. another recipe	...	63
Molee	...	33
Mussala Seasoning	...	14
Mutton Pie	...	7
Mutton Pepperwater	...	45
Mustard Mango Pickle	...	106
Mango Curry (Sweet)	...	114
Madras Curry Paste	...	127
Mint Chutney	...	143
Mamee's Chutney	...	148
Meagre Soup	...	179
Mushroom hash	...	198
Mushroom Pickle	...	199
Mushroom Omlette	...	200
Mussalah, &c.	...	169

N

Nice plain Cako	...	82
-----------------	-----	----



Omlet	...	34
Orange Marmalade	...	46
Owloo Thass	...	51
Owloo or Beaten Rice	...	52
Orange Pudding	...	133
Orange Jam	...	144

P

Pork Fry	...	112
Polpetti	...	119
Potatoe Fritters	...	120
Panyarums	...	6
Peach Preserve	...	85
Pepper Pepper-water	...	8
Plantain Fritters	...	77
Plantain Tart	...	79
Plum Cake	...	41
Pootoo Rice Balls	...	100
Potatoe Cakes	...	58
Potatoe Pie	...	78
Potatoe Pie	...	97
Punthalum	...	36
Pickled Fish	...	125
Pudding Sauce	...	132
Pumpkin Custard Pudding	...	145
Pumpkin Preserve	...	147
Pickled Beef	...	149
Pumpkin with forced meat	...	151

Pomelo Preserve	...	154
Peach Custard Sauce	...	159
Plum Pudding	...	186
Peach Leethee	...	191
Pumpkin Ulva	...	202
Potatoes (baked)	...	171

Q

Quoormah	...	11
Quoormah (plain)	...	111

R

Raggie Conjee	...	59
Raggie Cake	...	60
Rice Cake	...	69
Rice Pudding with Fruit	...	92
Roly-Poly Pudding	...	126
Rich Potato Pudding	...	131
Raspberry and Vinegar Jelly	...	158
Raspberry Vinegar	...	168
Raspberry Cakes	...	182
Raggie Pudding	...	183
Do.	...	188

S

Salt Fish and Brinjal Curry	...	28
Salt Fish Pepper-water	...	25
Sandwich Rolls	...	15

Sandwich Rolls	...	74
Saucer Pudding	...	40
Scones	...	10
Scrap Pie	...	39
Seasoning for Chops	...	16
Short Cakes	...	23
Stew	...	72
Sea-pie	...	113
Sambridge Pancakes	...	116
Star Gooseberry Pickle	...	123
Star Gooseberry Preserve	...	122
Sago Pudding	...	129
Strengthening Jelly	...	135
Salad dressing	...	160
Salad	...	161
Seed Biscuits	...	193
Stewed Tomatoes	...	197

T

Tamarind Fish or Pudda	...	1
Tamarind Preserve	...	37
Tea Biscuits	...	35
Tea Cake	...	9
Tomato Chutney	..	88
Tomato Jam	...	50
Tomato Sauce	...	48
Tongue Curry	...	99
Thovale	...	105
Tapp Sauce	...	201

XV

V

Vegetable Curry	...	65
Venthium Greens Curry	...	21
Vermicelli Custard Pudding	...	18
Vermicelli Pudding	...	31
Vermicelli or "Sayvee Yong Pudding"	...	44
Vegetable Pudding	...	156
Vegetable Marrow	...	165
Do. Preserve	...	187

W

Wood Apple Jelly	...	24
------------------	-----	----





1.—TAMARIND FISH OR PUDDA.

INGREDIENTS.— $1\frac{1}{2}$ seer of fish ; 1 seer of tamarind ; 8 tolas of green ginger ; garlic 1 tola ; dry chillies 4 tolas ; cummin 1 tola ; saffron 3 tolas ; white salt 8 tolas ; vinegar about 2 bottles.

MODE.—Clean the fish well, cut it into slices crosswise about a half or three fourths of an inch in thickness, sprinkle it over with the salt, turning occasionally ; after 24 hours take the pieces of fish from the brine, and wipe them dry with a clean cloth ; set them aside ; soak the tamarind for 3 or 4 hours in as much vinegar as will cover it ; then squeeze the pulp out removing the seeds and fibres ; have the chillies, cummin, and saffron, pounded very finely and mixed with a little vinegar into a thick paste ; the ginger cleaned and sliced, and the garlic well cleaned. Now pack the fish in the pickle thus—take a wide-mouthed jar put in first a layer of the tamarind pulp, next throw in a few cloves of garlic and slices of ginger, then a thin layer of the curry stuff, on which place a layer of the fish ; on the fish place a layer of curry stuff ; next some ginger and garlic, then the tamarind pulp ; repeat this, as often as you can, always remembering to have the curry stuff on either

side of the fish ; when all the fish is packed, put the remaining ingredients on the top, and pour in as much vinegar as will stand $\frac{1}{4}$ of an inch over the top of the ingredients, then cover ; tie a piece of cloth over the mouth, over which spread some fine clay about an inch in thickness ; place in the sun daily for 2 weeks, when it will be ready for use. When required fry in ghee and serve.

A seer is equal to the weight of 24 rupees, a tola to 1 rupee.

Average cost for the above quantity
Rupees one.

2.—CURRY POWDER.

1 lb and 8 oz of coriander seed ; $\frac{1}{2}$ lb cummin ; 6 oz saffron ; 18 oz dry chillies ; $2\frac{1}{2}$ oz black pepper ; 5 oz venthium ; 4 oz mustard ; pound all finely and pass through a muslin sieve. Keep in a tightly corked jar or bottle.

Average cost ... 1 rupee.

Will make about 100 desert spoonsful.

3.—HULWAH.

INGREDIENTS.—1 tea cup full of soojee, not heaped up ; ditto of sugar ; ditto of water ; ditto of almonds with the shells ; and $\frac{1}{2}$ a tea cup of ghee.

MODE.—Early in the morning mix the soojee and water and let it soak for 7 or 8 hours, squeeze well, with the hand and strain through a course towel; shell and blanch the almonds, and grind them to a paste on a clean stone; use as little water as possible; after removing the paste from the stone, wash the stone with a $\frac{1}{4}$ cup of water, add this with the almond paste to the soojee milk, and mix well together; mix the sugar with $\frac{1}{2}$ a cup of water, boil, clarify and strain through a towel; put back on the fire; when thick, add the ghee and soojee-milk pouring both in together, stirring all the time, scraping the bottom of the vessel, as the hulwah forms rapidly there; use a wooden spoon; when all the milk and sugar coagulate, fry till a little piece may be rolled between the fingers without adhering; it is then done; press it down in a flat plate allowing all the extra ghee to drain off, which will be about a $\frac{1}{4}$ of a cup, and may be used for other culinary purposes; never stop stirring and scraping, as the Hulwah easily burns; use a well-tinned vessel with a wide mouth.

The above quantity will make a dessert-plate full.

Average cost 6 or 7 Annas. Seasonable at any time except at late suppers.

4.—CUTLETS.

INGREDIENTS.—*Mutton $\frac{1}{8}$ of a seer ; 4 green chillies ; mint two teaspoonsful ; $\frac{1}{2}$ a teaspoonful of green coriander ; $1\frac{1}{2}$ dessert spoonful of onions ; all these must be minced ; $\frac{1}{4}$ teaspoonful of powdered pepper ; $\frac{1}{4}$ teaspoonful of salt ; 1 teaspoonful of flour ; 1 teaspoonful of any sauce ; 1 tablespoonful of ghee.*

MODE.—Except the ghee, mix all well together ; form into 4 balls ; put on a plate and flatten ; sprinkle well over with flour ; press down and turn carefully ; flour the other side also ; put the ghee in a small frying-pan, when quite hot, lift the cutlets carefully with a broad knife, holding the plate close to the pan, and gently slip them one after the other into the hot ghee ; after 5 minutes carefully turn them and fry the other side for 5 minutes also ; serve ; the ghee left in the pan may be used for curries.

Average cost $1\frac{1}{4}$ Annas. Sufficient for two persons.

5.—GRAM AND GREENS, (PURPOO-KEERAY.)

INGREDIENTS.—*One handful of gram greens, (purpookeeray) picked from the stalks ; $1\frac{1}{2}$ table spoonfuls of cleaned green gram, (pachè piroo)*

12 green chillies ; 4 cloves of garlic cleaned ; 1 tablespoonful of sliced onions ; 1 desert spoonful of hard ghee, not heaped up : salt to taste, (about $\frac{1}{2}$ a teaspoonful, practice alone will give you a good idea of how much bazaar salt to use,) cocoanut 1 pie's worth or a piece 3 inches square, 4 curry pillay leaves.

MODE.—Grind the coconut to a paste ; coarsely grind the chillies and garlic : wash the greens well ; mix all except the onions and ghee, in a tea cup of water ; set it on a sharp fire to boil till the gram may be easily crushed between the fingers ; now drain off the water, mash the greens, &c., well ; add the drained water ; put a clean vessel on the fire ; put in the ghee and onions and fry them well ; add the gram &c., and boil till reduced to a thick mass ; serve with rice and plain curry.

Average cost 8 pies. Sufficient for 2 persons.

6.—PANYARUMS.

INGREDIENTS.—Raw rice (*paché*) $\frac{1}{4}$ seer ; 3 table-spoonful of brown sugar : 3 table-spoonful of ghee ; 2 table-spoonful of wheat flour ; the yolk of 1 egg ; 3 plantains. (Mysore kind preferable.)

MODE.—Pound the rice into flour ; make into

a thick batter with water and the yolk ; cover with a cloth and put in the sun for 2 hours, reduce the plantains to a pulp ; mix with the sugar, and wheat flour ; add to the batter ; mix well ; fry in the boiling ghee ; allowing a table-spoonful for each panyarum ; serve sprinkled with sugar.

Average cost 2 annas. Will make 12 panyarums.

Almost all the ghee will remain, and may be used for other purposes.

7.—MUTTON PIE.

INGREDIENTS.—*Flour 1½ tea cup ful ; ¾ of tea cup of milk ; suet 2 oz ; salt ½ a teaspoonful ; mutton ½ of a seer ; 6 green chillies ; 2 leaves of spinach a dessertspoonful of green mint and coriander ; 4 small onions ; a little of any vegetable, such as raddish, potatoes &c., or a mixture, if more than one kind can be had ; 4 slices of ginger ¼ teaspoonful of pepper, and 4 cloves.*

MODE.—Make the meat, vegetables and seasoning into a stew ; make the dough with the flour, milk and salt ; roll out thin ; melt the suet ; with a knife, spread a thin layer of it while hot over half of the paste ; fold over the other half, and roll out again ; repeat till all the suet is used

up, roll out $\frac{1}{4}$ of an inch thick ; line the inside of a small pie basin ; fill with the prepared stew ; cover with a paste lid Both the inner lining and the lid must have a margin of $1\frac{1}{2}$ inches all round which moisten and roll together round the rim, tie in a towel that is well floured, put into boiling water and boil for $\frac{1}{2}$ an hour ; serve hot.

Time $\frac{1}{2}$ an hour.

Average cost 2 annas 6 pies. Sufficient for 2 persons.

8.—PEPPER PEPPER-WATER.

(Cooling).

INGREDIENTS — *Pepper 1 teaspoonful ; dholl 1 teaspoonful ; mustard ; cummin ; coriander ; venthiem mixed, 1 teaspoonful ; ghee $\frac{1}{4}$ teaspoonful ; water 1 pint ; 4 curry pillay leaves ; $1\frac{1}{2}$ dessert-spoonful of thick tamarind juice ; salt to taste.*

MODE.—Fry the pepper and dholl in the ghee, grind to a paste and mix in the water with the tamarind and salt ; fry the mustard, &c, in the remains of the ghee, in the same pan, add it to the pepper-water after it has boiled up 2 or 3 times ; let all boil together for 10 minutes, take it off the fire let it settle ; strain and serve.

Average cost 4 pies. Sufficient for 3 persons.

9.—TEA CAKE.

INGREDIENTS.—*Flour* $2\frac{3}{4}$ *tea cupsful*; *milk* about $1\frac{1}{4}$ *tea cup*; *2 eggs*; *1 teaspoonful of baking powder*; *2 tablespoonsful of sugar*; $\frac{1}{4}$ *teaspoonful of salt*.

MODE.—Sift the flour, salt and baking powder together; add enough of the milk gradually to make it into a light dough; use a wooden spoon to mix at first, cover it with a cloth and place before the fire to rise, for $\frac{1}{2}$ an hour; add the eggs well beaten separately to the dough, add the sugar, mix well and bake in tins rubbed with a little ghee or butter, for $\frac{1}{2}$ or $\frac{3}{4}$ of an hour according to the size of the tins.

Time $\frac{1}{2}$ or $\frac{3}{4}$ of an hour.

Average cost 4 annas. Sufficient for 3 persons.

10.—SCONES.

INGREDIENTS.—*Flour* 1 *lb*; *bicarbonate of soda* $\frac{1}{8}$ *oz*; *sour buttermilk* $\frac{1}{2}$ *a pint*, a little more or less; *salt* $\frac{1}{8}$ *oz*.

MODE.—Dissolve the soda and salt in the butter-milk, mix the flour with it, to the consistence of light dough; roll out $\frac{1}{2}$ an inch thick, out in round pieces and bake on a hot frying-pan on a slow fire for 10 or 15 minutes, turning them

often; they are better if first baked in the oven for 10 minutes and then browned on the top; they are much like muffins: good either hot or cold, with butter or curry for breakfast.

Time 10 or 15 minutes.

Average cost 2 annas 6 pie. Sufficient for 3 persons.

11.—QUOORMAH.

INGREDIENTS.—Meat 2 seers; $\frac{1}{2}$ a dried cocoanut; $3\frac{1}{2}$ tablespoonsful of kuss-kuss or poppy seeds; 3 tablespoonsful of cudlay or Bengal gram; 1 tablespoonful of minced green coriander; 2 tablespoonsful of coriander seed; 1 seer of hard tyre; $\frac{1}{4}$ oz of spices mixed; 1 oz of green ginger; 7 oz of onions; 1 oz of garlic; 17 green chillies; two tea cups of ghee; salt to taste.

The above ingredients are for a very mild quoorma^h; it may be made hotter for the Indian taste by using, 15 dried chillies, 80 green chillies, 4 oz green ginger, $1\frac{1}{2}$ oz mixed spices, (cloves, cinnamon and cardamon); $1\frac{1}{2}$ oz of garlic, 9 oz of onions, 2 tablespoonsful of green coriander instead of the above.

MODE.—Wash the meat and cut it up into convenient pieces of 4 inches or so, put it with the tyre and salt to taste in a clean vessel and let it simmer till done, grind all the rest of the

ingredients to a fine paste, when the meat has almost absorbed all the tyre and has become nearly dry add the ground mussala and fry for 5 minutes; add the ghce and fry till the pieces of meat look red; remove from the fire and let it cool; when quite cold put in a jar and keep for use; it will keep for days and may be eaten cold or put on a hotwater dish and served.

A good dish for a journey. Average cost, 1 or $1\frac{1}{4}$ Rs.

12.—ALMOND TOFFEE.

INGREDIENTS.— $\frac{1}{2}$ a lb of shelled and blanched almond; 1 lb of Ashtagram sugar; $\frac{1}{2}$ a cup of water; 1 teaspoonful of butter.

MODE.—Grind the almonds on a clean curry stone with as little water as possible, wash the stone afterwards in the remainder of the $\frac{1}{2}$ a cup of water; add this water to the sugar and boil till all the sugar melts; add the almond paste and butter; mix well and continue stirring till the sugar falls in masses from the spoon, and a little dropped into cold water hardens at once; pour quickly into a buttered flat plate.

13.—EGG FRY.

INGREDIENTS.—8 eggs ; 1 *dessert spoonful of curry stuff* ; $\frac{1}{4}$ *tea spoonful of salt* ; 1 *tablespoonful of ghee*.

MODE.—Put the ghee in a frying-pan on a slow fire ; when boiling, break in the eggs ; when partly set, break them up into pieces the size of an almond ; sprinkle over with the curry-stuff and salt ; fry well and serve hot with plain pepper water and rice.

Average cost when eggs are cheap 2 annas.
Sufficient for 4 persons.

14.—MUSSALA SEASONING.

For plain pepper-water, &c.

INGREDIENTS.— $1\frac{1}{2}$ *oz country mustard* ; 1 *oz cummin* ; $\frac{1}{2}$ *oz pepper* ; $\frac{1}{4}$ *oz venthium* ; $\frac{1}{4}$ *oz coriander* ; *mix and keep* ; a *teaspoonful* is *sufficient for* $1\frac{1}{4}$ *teacupful of plain pepper water*.

15.—SANDWICH ROLLS.

INGREDIENTS.—1 *lb of flour* ; 1 *large heaped up teaspoonful of baking powder* ; 1 *teaspoonful of white sall* ; $\frac{1}{2}$ *a pint of milk* ; $\frac{1}{4}$ *seer of minced*

mutton ; 4 eggs ; 8 green chillies ; 2 leaves of spinach ; 2 teaspoonsful of minced green mint ; $\frac{1}{2}$ a teaspoonful of green coriander ; $\frac{1}{2}$ a teaspoonful of powdered pepper ; 3 dessertspoonsful of minced onions ; 1 dessertspoonful of made mustard ; $\frac{1}{4}$ teaspoonful of grated nutmeg ; 4 teaspoonsful of sauce ; 2 tablespoonsful of milk ; 2 tablespoonsful of ghee, not heaped up.

MODE.—First sift the flour, baking powder and $\frac{1}{2}$ the white salt, through a muslin sieve, this will mix them more thoroughly than otherwise, set aside ; now prepare the meat by mixing with it, the onions, green chillies, mint, spinage, coriander, all minced ; 1 dessertspoonful of flour, pepper and nutmeg ; put the ghee into a frying-pan ; when boiling add the meat, &c., keep stirring till done ; add the mustard and sauce, mix well ; add 1 table spoonful of milk, stir well and remove from the fire ; add the eggs which must be hard boiled and minced ; now take the flour you set aside and prepare as for bread, by pouring on gradually the milk, mixing it thoroughly, and quickly with a wooden spoon ; divide into 4 portions ; roll each out pretty thin, spread a $\frac{1}{4}$ of the mince on each, leaving a margin of one inch all round ; wet this margin with a little water roll up in the shape of a bolster ; press the edges together ; with a marrow-spoon ; make three holes on the top to let out the steam, and to prevent it

bursting; rub over with a little milk, and bake in a quick oven, on a warm tin for $\frac{1}{2}$ an hour.

Time $\frac{1}{2}$ an hour.

Average cost 7 annas. Sufficient for 3 persons for a meal. Seasonable at any time.*

16.—SEASONING FOR CHOPS, &c.

1 oz of white salt; 1 oz of powdered black pepper; $\frac{1}{2}$ oz of powdered mint; $\frac{1}{4}$ oz of powdered mixed spices; mix and keep in a well-stoppered bottle. A teaspoonful or two, well rubbed into chops, or steaks after they are beaten, or if mixed in the mince used for cutlets, makes the meat more tasty and wholesome. This seasoning may be used in a variety of other dishes.

7.—GINGER BEER.

INGREDIENTS.—*White sugar 1 seer; dry ginger $\frac{1}{2}$ oz; 6 pints of boiling water; the juice of one lime; 2 tablespoonsful of toddy.*

MODE—Bruise the ginger, mix all to-

* *Note*:—Preserve may be used instead of the meat; it will also make a very economical dish, when made from the remains of cold meat and vegetables minced and seasoned; and if a stove is used, it may be baked at the previous day's dinner, thus effecting a further saving in the fuel; it makes a good breakfast dish with a cup of coffee or tea, and tastes better cold.

gether and cool; when cold add the toddy, allow it to stand for 12 hours; strain through a fine cloth and bottle each pint three-fourths full; will be prime in a few days.

Average cost 2 annas 8 pies. Sufficient to make 8 pints.

18.—VERMICELLI CUSTARD PUDDING.

FOR CHILDREN.

INGREDIENTS.—*Vermicelli 1 oz; sugar $\frac{1}{2}$ oz; 1 egg; 1 stick of cinnamon; 1 pod of cardamom; $\frac{5}{8}$ of a cup of milk.*

MODE.—Simmer the vermicelli in the milk with the spice till done, remove the spice, add the sugar and egg beaten together; mix well and bake in a slow oven for $\frac{1}{2}$ an hour.

Average cost 1 anna. Sufficient for 2 children.

19.—DHOLL PEPPER-WATER AND MASH.

INGREDIENTS.—*Dholl 2 tablespoonsful; 8 peels of garlic; 5 dried chillies; 1 teaspoonful of seasoning, receipt No. 14; saffron the size of a pea; $1\frac{1}{2}$ tablespoonsful of sliced onions; 4 green*

chillies ; 8 curry pillay leaves ; 1 desertspoonful of ghee ; 2 teacups of water ; salt and tamarind to taste.

MODE.—Boil the water and dhol with a little salt till tender ; strain off the water, in which mix the seasoning, saffron, 4 cloves of garlic and chillies coarsely ground, tamarind and salt to taste, boil for ten minutes, remove from the fire ; fry $\frac{1}{2}$ a teaspoonful of onions in $\frac{1}{2}$ a teaspoonful of ghee with the 4 curry pillay leaves ; when brown pour in the pepper-water strained ; boil up once or twice and serve ; for the dhol mash grind the dhol, strained from the pepper-water, to a paste, fry the rest of the onions, garlic minced, green chillies, and curry-pillay in the rest of the ghee, when brown add the dhol, fry all together well and serve.

Average cost 1 anna. Sufficient for 3 or 4 persons.

20.—MANGOES PRESERVE.

INGREDIENTS.—*Ripe mangoes ; limes ; sugar ; and a little spice.*

MODE.—Weigh the mangoes and to every lb. allow $\frac{3}{4}$ lbs. of Ashtagram sugar ; peel the mangoes and squeeze the pulp into a clean vessel, add the sugar and spice and simmer till all the

sugar melts, add lime juice to taste, let it thicken till it falls in masses from the spoon, pour into jars and cover when cold.

21.—VENTHIUM GREENS CURRY.

INGREDIENTS.—*Venthium greens* ; $\frac{1}{2}$ seer of mutton ; 6 cloves ; a small bit of cinamon ; 12 green chillies ; 8 slices of green ginger ; 8 cloves of garlic ; 2 tablespoonsful of sliced onions ; 1 tablespoonful of ghee ; 1 tablespoonful of curry stuff, receipt No 2 ; 6 curry pillay leaves ; tamarind and salt to taste ; 1 tea cup of water.

MODE.—Pick the greens, leaf by leaf from the stalks ; for $\frac{1}{2}$ a seer of mutton ; you will require 2 handfuls of picked leaves ; cut up the meat and set on a slow fire with the water and a little salt, simmer for $\frac{1}{4}$ of an hour, and remove ; fry the onions, ginger, curry-pillay, spice, garlic cleaved, chillies slit, in the ghee ; when brown add the curry-stuff, fry one minute ; add only the meat ; fry 2 or 3 minutes ; add the greens well washed ; fry till the leaves are quite shrivelled like tea ; pour in the broth, simmer till rather dry, add lime juice or tamarind juice to taste, simmer for 5 minutes ; serve.

Average cost $3\frac{1}{2}$ annas. Sufficient for 4 or 5 persons.

22 — COCOANUT PUDDING.

INGREDIENTS — 3 eggs ; 6 oz of soojee ; 6 oz of sugar ; $\frac{1}{2}$ a cocoanut ; a little nutmeg grated, and salt.

MODE.—Beat the eggs, yolks and whites separately, scrape the cocoanut, sift the sugar ; mix the sugar, yolks, salt, nutmeg and cocoanut together ; add alternate spoons of soojee and whites of the eggs, mixing all the time ; pour into a tin rubbed with a little ghee and bake.

Time 15 to 20 minutes.

Average cost 2 annas. Sufficient for 3 persons.

 23.—SHORT CAKES.

INGREDIENTS.—1 lb of wheat flour ; $\frac{1}{2}$ lb of butter ; $\frac{1}{2}$ lb of sugar ; 1 egg ; 1 teaspoonful of baking powder · $\frac{1}{4}$ teaspoonful of salt ; about $\frac{1}{2}$ a pint of milk or water.

MODE.—Sift the flour, sugar, baking powder, and salt together, mix in the butter and egg beaten, and carefully add the milk putting in just enough to make a light dough, roll out thin, cut into rounds and bake.

Time 5 minutes.

Average cost 7 annas. Will make about 50 cakes.

24.—WOOD-APPLE JELLY.

INGREDIENTS.—*Woodapples*; *sugar*; *1 pie cloves* and *cinnamon*.

MODE—This jelly is cheaper if made from ripe wood-apples than from half ripe, as it takes less sugar. Scoop out the inside of the apples, put into a well tinned vessel, pour enough water to stand 2 inches over the fruit, boil well, stirring occasionally to prevent burning at the bottom, strain through a wire strainer or towel, allowing it to drain without pressure; it is best poured into a towel, which is hung up by its 4 corners over a bowl and left till the next day; throw away the seeds and pith, put the liquid on the fire, add the spice and sugar to taste, simmer uncovered till it jellies, which may be known by dropping a few drops on a plate, if congealed when cold, it is done, pour hot into jars, stopper when quite cold.

25.—SALT-FISH PEPPER-WATER.

INGREDIENTS.— $\frac{1}{8}$ of a seer of any kind of small saltfish; 1 teaspoonful of mussala seasoning, receipt No. 14; saffron the size of a large pea; 6 dried chillies; 4 cloves of garlic; 1 dessertspoonful of sliced onions; 1 teaspoonful of

ghee ; not heaped up ; 4 *curry pillay leaves* ;
 1½ *tea cups of water* ; salt and *tamarind* to
taste.

MODE.—Grind the mussala and garlic to a fine paste and mix in the water, add the fish ; tamarind and salt to taste ; boil on a quick fire for ¼ of an hour ; remove, put a clean vessel on the fire with the ghee ; when boiling add the onions and curry-pillay, fry brown, pour in the pepper-water, boil up once and serve with rice.

Average cost 5 pie. Sufficient for 3 persons.

26.—BRINJAL FRY.

INGREDIENTS.—*Brinjals* ; *ghee* ; *mussala seasoning*, receipt No. 14 ; salt.

MODE.—Boil the brinjals whole, carefully remove the thin outer skin and stalks, cut up in pieces, and for every tablespoonful of brinjals, use one dessertspoonful of the massala seasoning, 1 dessertspoonful of ghee, and salt to taste ; grind the mussala and salt coarsely, fry in the ghee for a minute, add the brinjals and fry well, taking care not to mash the brinjals in mixing ; serve hot with pepper-water and rice.

The above may be made into a sambal by mashing the brinjals and adding enough tamarind juice to make it acid.

27.—BREAD PUDDING.

INGREDIENTS.—1 lb of dried pieces of bread; 1 handful of plums; 1 of almonds; 1 dessert-spoonful of butter; 2 tablespoonful of sugar; 3 eggs; $\frac{1}{4}$ tea cup of milk; 1 teaspoonful of baking powder; 1 tablespoonful of marmalade or any other preserve.

MODE.—Cover the bread with boiling water and let it soak, till quite soft; squeeze out as much water you can, add the milk, and sugar mash well, add the plums cleaned, almonds blanched and cut, preserve minced, lastly the baking powder, and eggs well beaten, mixed thoroughly; pour into a buttered basin and bake.

Time—2 $\frac{1}{2}$ hours. Sufficient for 6 persons.

If any of the pudding remain it may be cut into strips sprinkled with sugar and baked in a slow oven till brown all over; serve on the following day. This will keep good for several days.

28.—SALT-FISH AND BRINJAL CURRY.

INGREDIENTS.— $\frac{1}{4}$ seer of good salt-fish ; 4 medium brinjals ; 1 pie cocoanut ; 1 tablespoonful of ghee, not heaped up ; 6 green chillies ; 8 slices of green ginger ; 4 peels of garlic ; 1 tablespoonful of sliced onions ; 3 cloves ; a bit of cinnamon ; 4 curry pillay leaves ; 1 dessert-spoonful of curry stuff ; salt and tamarind to taste ; 1 tea cup of water.

MODE.—Grind the cocoanut to a paste and mix in a tea cup of water, add the curry stuff, fish washed, and cut up, chillies split in two ; brinjals cut up ; spice, ginger, and a little salt ; boil on a sharp fire till the brinjals are done ; add tamarind to taste, boil up twice, remove from the fire, put on a clean vessel with the ghee ; when boiling add the onions, garlic cleaned, curry pillay ; fry well ; add the curry let it boil open when thick enough, serve.

Average cost $1\frac{1}{4}$ annas. Sufficient for two persons.

29.—COCOANUT CREAM BULLETS.

(Koykottes.)

INGREDIENTS.—Raw rice, (*Pache*) 1 seer ; 2 coconuts ; brown sugar $\frac{1}{4}$ seer.

MODE.—Pound the rice into flour scrape the cocoanuts and extract the first and second milks, reserve $\frac{1}{2}$ a cup of flour, the first milk, and 1 cup of the second milk ;—the rest of the second milk and flour make into dough, roll into bullets, the smaller the better, steam till done ; boil the cup of second milk and $\frac{1}{2}$ a cup of flour like congee, add the first milk and bullets let it boil up once, remove from the fire, mix in the sugar, and serve hot.

You can always make as much first and second milk as you like from the scraped cocoanut, by pouring on as much hot water as required for the first milk ; mash well with the hand and squeeze out all the milk and strain ; for the second milk pour more boiling water on the husk, and repeat.

Cost $5\frac{1}{2}$ annas. Sufficient for 8 persons.

30.—A CHEAP BREAKFAST DISH.

INGREDIENTS.—1 *seer* of potatoes ; large onions $\frac{1}{2}$ a *seer* ; 1 *pie's* worth of broth bones ; $1\frac{1}{4}$ *teaspoonful* of seasoning, receipt No. 16 ; 1 *dessert-spoonful* of hard ghee ; 4 *tea cups* of water.

MODE.—Boil the bones and water well, put

the ghee in a clean vessel ; when boiling add the onions and fry brown ; add the broth, (removing the bones), with the potatoes pared and sliced thin, put in the seasoning ; simmer till the potatoes are done and it is thick enough to serve ;—to be eaten with bread or oppers.

Average cost 1 anna. Sufficient for 2 persons for a meal.

31.—VERMICELLI PUDDING.

INGREDIENTS.—*Vermicelli (Saveeyong) crumbled, one teacupful ; sugar, 2 tablespoonsful ; 2 eggs ; marmalade or any preserve 1 tablespoonful ; grated cheese 1 tablespoonful ; a little nutmeg.*

MODE.—Throw the vermicelli into 2 cups of boiling water, and boil till tender ; strain off the water, and mix with it the eggs well beaten, preserve minced, cheese and sugar, pour into a buttered dish, grate a little nutmeg over it and bake.

Time $\frac{1}{2}$ an hour.

Cost about 1 anna, without the cheese and preserve. Sufficient for 4 persons.

A COURSE OF 3 DISHES.

32.—FOR DINNER, FRIED FISH.

INGREDIENTS.—2 *soup plates full of small fish about 4 inches long and having only 1 central-bone such as the “varal;” “valche” &c., saffron; chillies and salt; clarified suet.*

MODE.—Clean the fish and rub it with the saffron, chillies, and salt ground; the quantity of fish must regulate the quantity of mussala, a little more or less making no difference, fry in boiling suet, when brown take up and place on a bamboo basket cover, to drain off the suet, the fish will taste as well as if done with ghee, serve $\frac{1}{2}$ the fish with the pepper-pepperwater given in No 8, and rice. This kind of pepperwater will counteract the ill effects of the fish on the bowels.

Average cost 2 or 3 annas. Sufficient for 2 persons.

33.—ON THE 2ND DAY FOR BREAKFAST, MOLEE.

INGREDIENTS.— $\frac{1}{2}$ *a cocoanut; 1 tablespoonful of sliced onions; 12 slices of green ginger; 6 green chillies; a small piece of orange peel; $\frac{1}{2}$ a lime; salt to taste.*

MODE.—Bone the fish carefully, set the bones and heads apart picking off every fragment of the fish, scrape the cocoanut and draw off 2 milks; in the 2nd milk, boil the bones and heads and orange peel, place the largest pieces of fish, with the onions, ginger, green chillies slit in two and salt to taste, in a clean vessel; pour over it the 2nd milk strained, add the 1st milk, simmer till the onions are done, uncover and let the gravy thicken, add the lime juice and serve.

Average cost 2 annas. Sufficient for 2 persons.

34.—FOR DINNER 2ND DAY, OMLET.

INGREDIENTS.—2 eggs; *the fragments of fish*; 1 tablespoonful of bread powder; 1 dessert-spoonful of minced onions; 4 green chillies minced; mint; spice; pepper powder, a pinch of each; salt to taste; 1 tablespoonful of milk; 2 tablespoonsful of minced stalks of spring onion, *if to be had*; 1 tablespoonful of ghee.

MODE.—Beat the eggs; add all the ingredients; beat well with a fork, pour into the boiling ghee, stir with a wooden spoon till it thickens; when set, fold over and brown and serve with plain pepperwater and rice.

Average cost 1 anna. Sufficient for 2 persons.

35.—TEA BISCUITS.

INGREDIENTS.—*Flour* $3\frac{1}{2}$ oz ; *sugar* 2 oz ; *butter* 1 oz ; *a little boiling milk*.

MODE.—Mix all the ingredients into a paste, roll out thin, cut into rounds and bake for 5 minutes. A little carraway seed, or ginger powder may be added. Time 5 minutes.

Average cost 1 anna. Sufficient to make 12 biscuits.

36.—PUNTHALUM.

INGREDIENTS.—*Treacle* 6 oz ; *almonds* 6 oz ; *rolong* 2 oz.

MODE.—Shell, blanch and grind the almonds, boil the rolong in a little water like thick congee, put the syrup on the fire, when boiling, mix in the almonds, next the rolong ; boil till it falls in masses from the spoon, pour into a flat dish ; when cold, serve.

Average cost 3 annas. Sufficient to make a dessertplateful.

37.—TAMARIND PRESERVE.

INGREDIENTS.—*Fresh ripe tamarind* ; *jaggery*.

MODE.—Remove the shells, but let the stringy stalks be on, as the fruit will otherwise become too soft; make the jaggery into a thick syrup, pour some syrup into a wide mouthed jar; place a layer of tamarind on it; cover this with more syrup, repeat till you have as much as you want; will be ready for use in two months. This is a good laxative, one or two tamarinds eaten early in the morning will cure costiveness; it also makes a pleasant summer drink; put as much tamarind fruit as you like, the quantity depends on individual taste, in a bottle of water tying it to the cork, when the water is well colored remove the tamarind and drink the water.

38.—A COURSE OF 2 DISHES.

FOR BREAKFAST, 1ST DAY.

DUMPINGS AND PULLIE GRAVY.

INGREDIENTS.—1 lb of flour; 1 large heaped up teaspoonful of baking powder; $\frac{1}{4}$ teaspoonful of salt; $\frac{1}{2}$ a pint of milk; $\frac{1}{4}$ seer of mutton; 2 tablespoonsful of sliced onions; 8 green chillies; 6 slices of green ginger; 4 cloves; 1 small piece of cinnamon; 8 dried chillies; 1 dessertspoonful of mixed pepper; mustard, venthiem, cummin, and corriander; a piece of saffron as small as a pea; 6 cloves of garlic; 1 tablespoonful of hard ghee; 1 teaspoonful

*of flour ; salt and tamarind juice to taste ;
1 cup of water ; 4 curry pillay leaves.*

MODE.—Sift the flour, baking powder and salt together ; pour on gradually the milk, mixing quickly with a wooden spoon at first ; remove the spoon, make into a light dough ; make the dough into balls about the size of apples ; put into a bowl cover with a towel, and place before the fire for 10 minutes, then throw them into boiling water, boil them for 20 minutes without taking off the cover, take them out tear them apart with two forks and serve hot, with the pullie gravy, made as follows :—Put the meat cut into small pieces into the water, with salt to taste, and simmer for $\frac{1}{4}$ of an hour ; remove and put on another clean vessel on the fire with the ghee ; when hot add the onions, spice, chillies slit, garlic, ginger, curry pillay leaves ; fry brown, add the mussala ground, fry for a minute, add the meat ; fry for 2 minutes, add the flour 1 teaspoonful, fry till it looks done, about 5 minutes ; add the stock, mix well and let it simmer till thick enough ; add the tamarind juice drawn thick, and enough of it to make the gravy rather acid.

Cost.	{	The dumblings	...	3 as	}	5 as.
		Pullie gravy	...	2 as		

Sufficient for 2 persons.

39.—FOR THE 2ND DAY SCRAP PIE.

INGREDIENTS.—1 lb of *Bengal potatoes*; 3 table-spoonsful of *flour*; 1 tablespoonful of *suet*; $\frac{1}{2}$ a *teaspoonful* of *salt*; 3 or 4 *dumplings* remaining from the first day, and the remainder of the *pullie* *gravy*.

MODE.—Fill the pie dish with the *pullie* *gravy* and *dumplings* cut up in small pieces, make a paste with the boiled potatoes mashed and mixed with the flour, suet minced, and salt, and make the pie according to the potatoe pie in receipt No. 79.

Time $\frac{1}{2}$ an hour.

Cost about 1 anna. Sufficient for 2 persons.

40.—SAUCER PUDDING.

INGREDIENTS.—*Flour* 2 oz; *sugar* 1 oz; *plums* 2 oz; *almonds* 2 oz; *butter*; 2 oz; a little *nutmeg*; 1 *egg*.

MODE.—Beat the butter to a cream with a fork, beat in the sugar, the white of the egg worked up to stiff froth, the beaten yolk, nutmeg and flour; beat all together well for 2 minutes;

mix in well the plums and almonds cleaned and cut up ; bake in a buttered saucer for 12 minutes.

Time 12 minutes.

Average cost 1 anna 6 pie. Sufficient for 1 person.

41.—PLUM CAKE.

INGREDIENTS.—*Flour 12 oz ; butter 3 oz ; sugar 6 oz ; plums 6 oz ; milk $\frac{1}{2}$ a teacupful ; carbonate of soda, $\frac{1}{2}$ a teaspoonful.*

MODE.—Beat the butter to a cream, mix the soda in 2 tablespoonsful of milk, mix all the ingredients well, putting in the soda last, put into a buttered tin and bake for an hour. The plums and almonds must be cleaned and cut up.

Cost 6 annas. Sufficient for 4 persons.

42.—COCOANUT BISCUITS.

INGREDIENTS.—*2 eggs ; 8 oz of sugar ; 6 oz of flour ; 1 cocoanut ; $\frac{1}{4}$ teaspoonful of nutmeg ; $\frac{1}{4}$ teaspoonful of white salt ; a little ghee.*

MODE.—Grate the cocoanut and nutmeg, sift the flour and sugar, beat the eggs white and

yolks separately, mix the cocoanut, sugar, salt, nutmeg, and yolks, add the whites and flour in alternate spoonsful mixing all the while, rub a tin with ghee ; take up lumps the size of an egg in your hand, place on the tin and press into the shape of a small biscuit ; in a raw state it is very sticky, but when baked is as dry as any biscuit ; bake for 10 minutes, turning once.

Time 10 minutes.

Average cost 3 annas 8 pies. Sufficient to make 12 biscuits.

Seasonable at any time.



43.—EEL STEW.

INGREDIENTS.—2 *medium sized eels* ; 9 *green chillies* ; 6 *slices of green ginger* ; $\frac{1}{2}$ *a cocoanut* ; *pepper* ; *flour*, and *ground saffron*, each 1 *teaspoonful* ; 8 *cloves* ; a *small piece of mace* ; 2 *tablespoonsful of sliced onions* ; 2 *pie bones or one handful* ; 4 *cloves of spinach* ; *green mint and coriander*, each 1 *dessertspoonful* ; *salt to taste* ; $\frac{1}{4}$ *teaspoonful of sugar* ; 1 *dessertspoonful of butter* ; and 1 *of sauce*, or the *juice of 1 lime* ; 2 *dried chillies* ; $1\frac{1}{4}$ *teacup of water* ; a *little orange or lime peel*.

MODE.—Put the bones, orange peel, $\frac{1}{2}$ the

pepper, the mace, $\frac{1}{2}$ the onions, the spinach, the mint, the coriander, the sugar, $\frac{1}{2}$ the butter, salt to taste, and $\frac{1}{4}$ cup of water, on the fire to boil for $\frac{1}{4}$ of an hour, add 1 cup of water and boil again for $\frac{1}{4}$ of an hour, stirring now and then, have the eels skinned, cut into pieces 3 inches long and slit open, grind the dried chillies with the saffron and a little white salt, rub the fish well, arrange the pieces in a stew pan, with the green chillies split in two, pieces of ginger, the pepper, cloves, onions, cocoanut milk, and pour the bone broth strained over all; boil for $\frac{1}{2}$ an hour, remove the fish to a dish, in a clean pan fry the remaining flour and butter for 2 minutes, pour the gravy into it, boil for 2 minutes, put in the sauce or lime juice, pour the whole on the fish and serve hot.

Time 1 hour and 4 minutes.

Cost 3 or 4 annas. Sufficient for 2 persons.

Other fish may be done in the same way.

44.—VERMICELLI OR "SAYVEE YONG PUDDING."

INGREDIENTS.—1 teacup of vermicelli crumbled;
1 cup of milk; sugar and any preserve, each 1
tablespoonful; $\frac{1}{4}$ teaspoonful of baking powder;
a little salt and nutmeg.

MODE.—Boil the vermicelli in the milk with the sugar and salt till done, when cool mix in the preserve minced, and baking powder, pour into a warmed and buttered dish and bake.

Time 1 hour. Cost 2 annas.

Sufficient for 3 persons.

45.—MUTTON PEPPERWATER.

INGREDIENTS.— $\frac{1}{4}$ seer of mutton; 1 dessertspoonful of curry stuff; 8 peels of garlic; 1 dessertspoon of sliced onions; 1 teaspoonful of ghee; tamarind and salt to taste; 3 teacups of water; 4 curry pillay leaves.

MODE.—Cut the meat up, put into the water with a little salt, cover close and simmer on a slow fire for $\frac{1}{4}$ of an hour; remove; put the ghee in a clean vessel on a quick fire; when boiling add the onions, garlic, curry pillay; fry brown, add the curry stuff; fry for 1 or 2 minutes add the mutton and broth, cover and boil for $\frac{1}{4}$ of an hour, add tamarind to taste and more salt if necessary, boil up once or twice, serve.

Average cost $1\frac{1}{2}$ annas. Sufficient for 4 persons.

46.—ORANGE MARMALADE.

INGREDIENTS.—*Oranges ; sugar the weight of the oranges ; a few cloves and a bit of cinnamon ; to every lb. of sugar, $\frac{1}{2}$ a pint of water.*

MODE.—First weigh the oranges with an equal weight of sugar ; with a nutmeg grater, grate off the yellow coating of the orange, this must be done very thinly, and will remove some of the bitter taste of the rind, quarter the oranges ; remove and boil the skins till soft enough to let a broomstick pass easily through, strain and cut up into thin strips or mince ; the peels, must be cleaned from the pith and seeds ; make the sugar into a thick syrup, throw in the prepared rind and pulp with the spice, and simmer till thick ; pour into jars ; when quite cold, tie up.

47.—DRUMSTICK LEAVES “FOOGATH.”

INGREDIENTS.—*2 large handfuls of murrengay or Drumstick leaves picked from the stalks ; 12 peels of garlic ; 12 green chillies ; 1 tablespoonful of sliced onions ; 2 pie cocoanut, 6 inches square ; 1 dessertspoonful of ghee ; salt to taste.*

MODE.—Put the leaves in a clean vessel on the fire, with a little salt, and fry them till they look quite dry like tea, cover with water and

boil till done ; drain from the water ; put the ghee in a clean vessel on the fire ; when boiling add the onions, garlic cleaned, green chillies minced ; fry brown, add the leaves and cocoanut scraped ; fry till quite dry and serve.

Average cost 8 pie. Sufficient for 4 persons.

48.—TOMATO SAUCE.

INGREDIENTS.—*Tomatoes* $4\frac{1}{2}$ pints ; 30 large cloves of garlic ; 1 dessertspoonful of bazaar salt pounded ; $\frac{1}{4}$ pint of water ; 24 cloves ; 2 sticks of cinnamon, each 4 inches long ; 1 dessertspoonful of English mustard ; 1 dessertspoonful of black pepper ; 4 dried chillies ; $\frac{1}{4}$ nutmeg.

MODE.—Cut up the tomatoes and measure, put in a well tinned vessel, with the salt, garlic, and water, boil till done, place a wire cover on a bowl and pour the tomatoes into it, when all the water has drained off, mash the tomatoes and garlic through the cover into a clean bowl, throw away the skins and seeds with the water first drained off ; to the pulp add the cloves, cinnamon, mustard, pepper, chillies, and nutmeg, simmer for $\frac{1}{2}$ an hour closed, stirring often, cool ; fill in a wide mouthed bottle, cork it closely, place

in a vessel of cold water up to the neck, set it on the fire and let it boil, take the vessel off the fire, let the water cool; remove the bottle and dammer or egg the top. The above quantity will make $\frac{1}{2}$ a pint of sauce; it is best filled in small bottles as if once opened it will not keep very long.

A teaspoon or dessertspoonful in stews and gravies, &c., improves them greatly.

Average cost 3 annas.

49.—CHUTNEY.

INGREDIENTS.—4 *slices of green ginger*; 4 *cloves of garlic*; 1 *teaspoonful of sliced onions*; $\frac{1}{4}$ *teaspoonful of mustard*; 6 *green chillies*; *tamarind the size of an egg*; *very little ghee*; *salt to taste*.

MODE.—Fry the mustard in the ghee, and grind it with all the ingredients on the mussala stone to a fine paste, removing the pith and fibres of the tamarind, using as little water as possible.

Cost 2 pie. Sufficient for 4 persons.

50.—TOMATO JAM.

INGREDIENTS.—1 lb. of full grown green tomatoes gathered just before ripening; sugar 1 lb.; 1 large lime.

MODE.—Peel the fruit thinly and divide in halves, simmer with the sugar for $1\frac{1}{2}$ hour, add the juice and $\frac{1}{2}$ the peel of the lime, simmer for a minute or two, remove and put in jars when cold.

51.—OWLOO THASS.

INGREDIENTS.—1 seer owloo or beaten rice; 1 cocoanut; 1 pie worth of cardamon; sugar to taste.

MODE.—Clean the Owloo and broil it on a hot frying pan; scrape the cocoanut, keep half and take the milk of half, boil the Owloo in the milk, when soft and all the milk is absorbed add the spice ground, the scraped cocoanut and sugar to taste, mix well and serve hot or cold.

Average cost $2\frac{1}{2}$ annas. Sufficient for 8 persons.

52.—OWLOO OR BEATEN RICE.

INGREDIENTS.— $\frac{1}{4}$ seer of owloo; $\frac{1}{2}$ a cocoanut; sugar to taste, or 3 tablespoonsful; water $\frac{1}{2}$ a tea cup.

MODE.—Boil the water, add the Owloo, cook on a slow fire till it is soft and has absorbed all the water, add the cocoanut scraped, and sugar, stir for 2 or 3 minutes, serve.

Average cost 1 anna. Sufficient for 3 persons.

53.—CHILDREN'S FAVOURITE.

Sweet or Bengal potatoes boiled, pared and cut into slices, and sprinkled over thickly with scraped cocoanut and sugar makes a nice sweet dish of which children are very fond.

54.—HOMINEY OR "KULEE MODHAY."

INGREDIENTS.— $\frac{1}{2}$ seer of raggie flour; $1\frac{1}{2}$ pints of water.

MODE.—Set the water on a quick fire with 1 teaspoon of flour mixed in it, and a little salt, when boiling throw in the rest of the flour, don't stir till the flour is quite boiled, drain off the extra water, remove from the fire, and with a

stick like a ruler, quickly mash it adding more boiling water if necessary, continue mashing for 3 or 4 minutes, dip a spoon in cold water, gather up the mass with it, and serve with hot curry. A cheap, good, strengthening, and wholesome dish; some add a tablespoonful or two of boiled rice when mashing.

Average cost 4 pie. Sufficient for 2 persons.

55.—COCOANUT JAGGERY TOFFEE.

INGREDIENTS.— $1\frac{1}{2}$ cups of jaggery; 3 tablespoonsful of scraped cocoanut; $\frac{1}{4}$ teaspoonful of ghee; 1 dessertspoonful of water.

MODE.—Pound the jaggery and put it on a slow fire with the water, let it all melt and thicken till it falls from the spoon in masses, keep stirring it all the time, add the ghee, and cocoanut, it will now grow thin again, continue simmering till it thickens and a little dropped into cold water hardens, pour into a flat plate rubbed with ghee; when half cold cut into squares, eat when quite cold and hard.

Average cost $1\frac{1}{2}$ annas. Will make a dessert-plateful,

Instead of cocoanut some cudlay or Bengal gram may be added, and the toffee must be poured out at once after the first thickening.

56—INDIAN MIXED PICKLE.

INGREDIENTS.—*Mangoes, limes, gooseberries, radish, pumpkin, onions, cucumber, beans, carrots, beetroot, khnolkole, cabbage, cauliflower, garlic, green ginger, chillies, cloves, cinnamon, allspice, country mustard, pepper, country salt, vinegar, and gerkins in equal quantities.*

MODE.—As each vegetable comes in season, prepare as follows. The mustard must be cleaned of the skin, garlic peeled, ginger cleaned and sliced, chillies stalks removed. The quantity of pickle required must regulate these, and a little more or less makes no difference. Mangoes ought to be washed and cut up with the skin, the seeds being removed, sprinkled well over with bazaar salt pounded, and soaked in it for 3 days, beans, limes, gooseberries prepared in the same way, raddish, pumpkins, onions, cucumbers, khnolkole should have the skins shaved off, cabbage, the outer leaves removed and sliced, cauliflower divided into bunches ; all these must be soaked in salt for 3 days, then moved from the brine and dried for one day ; pack in jars in layers with garlic, ginger, mustard, spice, chillies and pepper between ; fill up with good vinegar ; beetroot must be boiled, pared, sliced and added ; you may also add cucumbers prepared by cutting off the tops leaving a bit of the skin, scoop out the seeds ;

fill them with the pickle mussala given in receipt No. 14; stitch down the lid and pack with the other vegetables; don't stir the pickle. Will be ready for use in 2 or 3 months.

57.—DRUMSTICKS OR MOORANGA KOY CHUTNEY.

Boil the drumstick and scrape and take the inside for the chutney, grind it with green chillies, garlic, onions, tamarind and salt to taste.

58.—POTATOE CAKES.

Boiled sweet or Bengal potatoes mashed and mixed with sufficient flour to make a consistant dough, rolled out, cut into rounds and baked on a hot frying pan make a good breakfast dish with hot curry.

The addition of the yolk of an egg or two and a little butter improves them much; they may also be eaten hot, spread with butter and sugar.

59.—RAGGIE CONGEE.

INGREDIENTS.—*Grind the raggie to flour and sift twice through fine muslin; this will remove all the husk; and leave the flour fine and soft.*

MODE.—Put a cup of milk on the fire; when boiling add 1 teaspoonful of raggie flour, 1 pinch of salt, dissolved in 2 tablespoonsful of milk; mix well, continue boiling till thick enough; sweeten to taste.

Average cost 9 pie per cup.

This congee is very strengthening and wholesome.

60.—RAGGIE CAKES.

Raggie flour unsifted, made into dough with boiling milk or water with a little jaggery mixed in it, pressed into cakes with the hands and baked, are good and wholesome.

61.—GUAVA PRESERVE.

INGREDIENTS.—*Guavas, sugar, spice and water.*

MODE.—Weigh ripe guavas with an equal quantity of sugar, pare and cut them in halves scoop out the pulp and seeds, which boil in a little water and mash through a wire cover; throw the seeds away, make the syrup, by adding $\frac{1}{2}$ a pint of water to every lb. of sugar; boil till thick as honey, throw in guavas and pulp, simmer till it thickens again; put into jars and close when cold.

Always use the best sugar which is cheaper in the end.

62.—BEEF STEAKS.

INGREDIENTS.— $\frac{1}{2}$ lb. of beef; 2 tablespoonsful of sliced onions; 1 dessertspoonful of seasoning, receipt No. 16; 1 dessertspoonful of ghee.

MODE.—Cut the beef $\frac{1}{2}$ or $\frac{3}{4}$ of an inch thick, beat well with a rolling pin, sprinkle $\frac{1}{2}$ the seasoning on each side, and rub it in, fry the onions brown in the ghee; remove the onions; fry the steak in the ghee; place in a small stew pan with the onions under; pour in enough boiling water to just cover it, cover the vessel and let it simmer for $\frac{1}{2}$ an hour; when serving add a little sauce.

Average cost $1\frac{1}{4}$ annas. Sufficient for 2 persons.

63.—MANGOE PRESERVE.

INGREDIENTS.—*Half ripe mangoes; sugar; and spice.*

MODE.—Pare and cut up the mangoes removing the seeds, put the pieces into a well-tinned vessel with sufficient water to cover them, simmer till quite soft, remove and measure; to each pint add $1\frac{1}{2}$ lb of good sugar, and the spice, simmer till the pieces look transparent and the syrup is as thick as honey; put into jars and stopper, when quite cold.

64.—CANDIED CITRON.

INGREDIENTS.—*Citrons, sugar.*

MODE.—Weigh the citrons with an equal quantity of sugar; with a nutmeg grater grate off the thin yellow part of the rind, this removes a great deal of the bitter, quarter them and take out the inside; boil the rind in water till soft enough to be pierced with a broomstick, drain off the water; make the sugar into syrup, by adding $\frac{1}{2}$ a pint of water to every lb. of sugar; when thick put in the citron rinds and simmer for $\frac{1}{4}$ of an hour; remove from the fire, and leave in the same vessel till the next day, examine it on the following day if the syrup will admit of another boiling simmer for another $\frac{1}{4}$ of an hour, if too thick, add a small quantity of thinner syrup, remove and leave for another day; repeat the simmering and leave again, on the 4th day the pieces will be crusted over with sugar; take them out one by one and put on a flat dish, sprinkle with good sugar and put in the sun to dry; repeat this daily, turn the pieces and sprinkle fresh sugar on them till dry, pack in canisters with paper between.

The remainder of the syrup may be used for tea, &c., and the inside of the citrons may be made into excellent pickle by adding salt, green chillies

green ginger, garlic and spice, packing layers of the citron with the other ingredients, sprinkled with the salt. Place in the sun daily till soaked.

65.—VEGETABLE CURRY.

INGREDIENTS.—2 large potatoes ; 4 large radishes ; 6 small bringals ; 6 avarakoy ; 1 small pekonkoy ; 6 green chillies ; 6 slices of green ginger ; 4 cloves of garlic ; 3 cloves ; 1 small piece of cinnamon ; 1 dessertspoonful of curry stuff ; 1 tablespoonful sliced onions ; 1 dessertspoonful of ghee ; 4 curry pillay leaves ; 1 pie cocoanut ; salt and tamarind to taste.

MODE.—Clean and cut up all the vegetables, except the brinjals, (which if cut too soon will taste bad ;) put the ghee into a clean vessel on the fire and fry in it the onions, spice, curry pillay, garlic cleaned, chillies split, green ginger ; when the onions are brown add the curry stuff fry for a minute, throw the cut up vegetables into water, take them out rather wet and add to the curry stuff, fry for 2 minutes, add the brinjals cut up, pour in enough water to cover the vegetables, add the cocoanut ground and salt to taste, boil till the vegetables are done, add tamarind to taste ; boil up twice, serve with rice.

Average cost $1\frac{1}{2}$ annas. Sufficient for 3 persons.

66.—BENGAL CHUTNEY.

INGREDIENTS.—30 *large mangoes*; *dried chillies* 8 oz.; *garlic* 8 oz.; *bazaar salt* 8 oz.; *green ginger* 8 oz.; *raisins or plums* 1 lb.; *brown sugar* 1 lb.; *mustard* 4 oz.; *vinegar* about 2 bottles.

MODE.—Clean and slice the mangoes and ginger, take the stalks off the chillies; clean the garlic, plums and mustard; pound the salt, soak all the above in a deep bowl or tureen for 12 hours, or all night; in the morning grind it as finely as possible on a curry stone, that has been well washed and wiped. Care should be taken that water does not mix with it, nor should it be touched with the hands—only wooden spoons should be used, to put it on the stone, remove it, &c., when all is ground mix in the sugar. The size of your mangoes must regulate the quantity of vinegar:—when quite done the chutney must be as consistent as made mustard.

67.—BABY'S RICE PUDDING.

INGREDIENTS.—*Milk $\frac{1}{2}$ a pint; 1 egg; $1\frac{1}{2}$ table-spoonful of rice flour; 1 dessertspoonful of sugar; a pinch of salt and nutmeg.*

MODE.—Mix the rice in the milk and boil, stirring all the time till quite thick, add the sugar, beaten egg, salt and nutmeg, beat well and bake in a saucer rubbed over with a little ghee for 20 minutes; after 15 minutes put a piece of paper over the pudding to prevent the top from burning.

Time 20 minutes.

Average cost 1 anna. Sufficient for 1 child, for a meal.

68.—APPLE CHUTNEY SAUCE.

INGREDIENTS.—*3 lbs. of sour apples; 1 lb. of new raisons stoned; 1 lb. of new tamarind, cleaned; 3 oz. of garlic; 1 lb. of brown sugar; $5\frac{1}{2}$ bottles of vinegar; $\frac{1}{4}$ lb. of salt; $\frac{3}{4}$ tea-cup of cayenne ground (cayenne are the very small chillies almost like little pins) 2 oz. of green ginger; 3 oz. of English mustard.*

MODE.—Mince the raisons, tamarind, garlic, and apples; grind the cayenne, and green ginger. Boil the apples in half the vinegar till in a soft pulp and mash it up well. Boil the sugar in the

rest of the vinegar till in a clear syrup. When these are quite cold mix the whole of the ingredients together, and stir well with a wooden spoon. Put the mixture into a jar and let it soak for 1 month, stirring daily. Put into wide mouthed bottles.

Average cost $3\frac{1}{4}$ Rupees.

69.—RICE CAKE.

INGREDIENTS.—*Rice flour 6 oz.; sugar 6 oz.; 3 eggs; the rind of a lemon grated; or a little orange peel powder or ginger powder; butter $1\frac{1}{2}$ oz.; a little nutmeg.*

MODE.—Sift the sugar, beat the eggs, whites and yolks separately, beat the butter to a cream add the sugar and flour in alternate spoonful beating all the time, add the seasoning and eggs, pour into a buttered tin and bake for $\frac{1}{2}$ an hour.

Time $\frac{1}{2}$ an hour.

Average cost $2\frac{1}{2}$ annas. Sufficient for 3 persons.

70.—LIME OR MANGO PICKLE.

INGREDIENTS.—*50 limes or 30 large mangoes; dried chillies 1 lb.; mustard $\frac{1}{2}$ lb.; cummin 2 oz.; green ginger 2 lbs.; garlic 1 lb.; pepper*

$\frac{1}{2}$ oz ; *curry pillay leaves* 1 *handful* ; *bazaar salt* 1 *seer* ; *gingely oil* 2 *bottles* ; *vinegar* ; 1 oz of *saffron* ; 1 oz of *venthium*.

MODE.—Cut up the limes or mangoes, pound the salt, and mix both together ; leave for 3 days mixing well each day ; on the 3rd day, remove the limes or mangoes from the brine, and dry in the sun for 1 day ; have the ginger cleaned and sliced, the garlic cleaned, chillies coarsely pounded, mustard cleaned, venthium broiled, saffron and eummin finely pounded ; put the oil in a well-tinned vessel on the fire, when hot add the curry stuff, putting in the saffron last, with the pepper and curry pillay leaves ; fry till the mussala is done, take it off the fire and add the limes or mangoes ; mix well and let it cool, when cold put into jars, fill them and pour as much vinegar in as will quite cover the tops.

An economical course of four dishes from a Bustard for 2 persons.

71.—FIRST DAY FOR DINNER—BOILED.

INGREDIENTS.—1 *large duck* ; 6 *tablespoonsful* of *grated bread or biscuit powder* ; *minced onions and spinach*, each 2 *tablespoonsful* ; $\frac{1}{4}$ *teaspoonful* of *nutmeg* ; *grated orange peel and powdered pepper*, each one *teaspoonful* ; *minced mint* ;

salt, sliced ginger, each 1 dessertspoonful; $\frac{1}{2}$ a teaspoonful of mixed powdered spice; 6 green chillies; $\frac{1}{2}$ a pint of milk.

MODE.—Pluck and clean the duck, rub it all over with 1 teaspoonful of white salt, cut off the head, neck, feet, and the wings at the first joint, these with the liver and grinder lay at the bottom of Capt. Warren's cooking pot, tuck the stumps of the legs into a slit made on each side of the belly, twist the wings over the back, and secure the top of the leg and the bottom of the wing together, by running a skewer through them and the body; fill the duck with the bread powder, onions, spinach, mint, pepper, salt, ginger, spice, nutmeg, orange peel, and minced chillies well mixed; tie it round with a string to keep the seasoning in, place the duck on the wings &c., in the cooking pot, and pour the milk over all, close and boil for 2 hours, serve hot.

72.—SECOND DAY FOR BREAKFAST, STEW.

INGREDIENTS.—4 *onions as large as marbles; 4 cloves; 1 small piece of cinnamon; minced mint and pepper, each $\frac{1}{2}$ a teaspoonful; 1 teaspoonful of minced spinach; the remainder of the stuffing and broth and any vegetables, with a portion of the cold meat; sauce to taste.*

MODE.—Clean the bones, cutting off as large pieces as you can, then scrape every fragment off, make these into 3 portions; the scrapings and very small pieces into one, and the larger into 2 parts; of the latter take one part, add it to the above ingredients and simmer till the onions are done, serve with sauce to taste; if the remainder broth is not sufficient, add a little water.

73.—FOR DINNER ON THE 2ND DAY, CURRY.

INGREDIENTS.—*The remaining portion of large pieces from the boiled duck; all the bones; 1 tablespoonful ghee; 1 tablespoonful of sliced onions; 2 cloves; a little piece of cinnamon; 6 slices of green ginger; 1 dessertspoonful of curzystuff; 4 curry pillay leaves; 1 tablespoonful of thick tamarind juice; $\frac{1}{4}$ tea cup of milk, cow's or cocoanut; 6 peels of garlic; salt to taste.*

MODE.—Pound the bones, cover with water and boil for $\frac{3}{4}$ of an hour, strain the stock, set a clean vessel on the fire with the ghee, when boiling add the onions, ginger, spice, chillies slit, garlic, and curry pillay; fry brown, add the curry stuff, fry for one minute, put in the pieces of duck, fry for 3 minutes, add the salt, broth and milk, let it simmer for 5 minutes, uncover and let the gravy thicken; when done add the tamarind juice, boil for 1 minute and serve.

74.—FOR BREAKFAST 3RD DAY, SANDWICH ROLLS.

Make according to the receipt given in No. 15 from the fragments of meat and vegetables.

75.—LIME SYRUP.

INGREDIENTS.—1 quart lime juice ; 1 quart fresh water ; 3 lbs. Ashtagram sugar ; the whites of 3 or 4 eggs well beaten up.

MODE.—Boil with a quick fire for $\frac{1}{2}$ an hour, removing scum ; when quite cold strain through flannel or a thick towel, and bottle. If kept very long and it should appear to be spoiling pour out and re-boil for $\frac{1}{4}$ of an hour and re-bottle.

76.—CHUTNEY.

The “*nullay*” in Canarese or “*Perenda*” in Tamil is a parasite well known in India.

INGREDIENTS.—1 yard piece of *nullay* ; the tender shoots are best ; a lump of tamarind, as big as an egg ; 4 green chillies ; salt to taste.

MODE.—Roast the *nullay* in the fire, grind with the tamarind, salt and chillies, remove the fibres ; and serve.

Average cost 2 pie. Sufficient for 2 persons.

77.—PLANTAIN FRITTERS.

INGREDIENTS.—2 eggs; 2 dessertspoonsful of flour; 2 plantains; a little salt, and when preferred some sugar to taste; 2 tablespoonsful of ghee; $\frac{1}{4}$ tea cup of milk.

MODE.—Peel and cut the plantains into convenient pieces, beat the whites and yolks of the eggs separately, when stiff add the flour and milk gradually beating all the time, add the yolks, salt, and sugar, throw the fruit in, put the ghee into a pan on the fire when boiling, take out the pieces of fruit in a tablespoon with a little batter for each, and gently slip them into the ghee, with the extra batter on top, fry them a nice brown, turning when required; serve hot with sugar strewed over them.

A $\frac{1}{4}$ teaspoonful of baking powder may be used, and 1 egg omitted.

Average cost $2\frac{1}{2}$ annas. Sufficient for 2 persons.

Seasonable always.

78.—POTATO PIE.

INGREDIENTS.—Potatoes 1 lb.; green mint; coriander, flour, each one teaspoonful; $\frac{1}{2}$ a teaspoonful of powdered pepper; 1 teaspoonful of white salt;

another of bazaar salt ; $\frac{1}{4}$ teaspoonful of whole pepper ; 2 cloves ; a small piece of cinnamon ; another of orange peel ; 6 leaves of spinach ; 4 green chillies ; $\frac{1}{4}$ teaspoonful of sugar ; 6 table-spoonsful of flour ; 2 eggs ; 8 small onions ; the size of marbles ; a little of any kind of vegetable, such as radish, beans, &c., or a mixture if to be had ; 1 tablespoonful of butter ; and 2 of biscuits or bread powder ; $1\frac{1}{4}$ teaspoonful of sauce ; 2 pies worth of stock bones, or a handful ; $\frac{1}{2}$ of a seer of mutton.

MODE.—First make the stock for the pie, by boiling the bones, whole pepper, spice, sugar, spinach, mint, coriander, orange peel, onions, green chillies, salt, vegetables, in $\frac{1}{2}$ a cup of water for 5 minutes, add flour and butter each $\frac{1}{2}$ a teaspoonful ; mix and let it boil for 2 or 3 minutes, add $\frac{3}{4}$ pint of water, boil till the vegetables are done ; boil the potatoes and 1 egg, beat the other egg yolk and white separately, cut the meat into 1 inch squares, rather thin ; pepper and salt well, line the bottom of the pie dish with a layer of sliced potatoes or other vegetable cut up taken from the broth, lay the meat over it with the onions, and chillies, cut the boiled egg in slices, and lay over, fill up with the rest of the vegetables taken from the broth, strain the broth and pour in to the brim, reserve the extra if any remain ; mash

the potatoes with the butter, 2 tablespoonsful of milk, yolk of 1 egg, and salt to taste, add about 5 tablespoonsful of flour, kneed well, sprinkle flour on the pastry board, place the potatoe dough on it, sprinkle with flour, roll out $\frac{1}{4}$ of an inch thick, cut a piece round to fit the top of the basin, by placing a similar sized plate on it, cut a small circular hole in the centre to let the steam out, make remainder of dough into strips, the width of the rim of the basin, and an ornament large enough to cover the hole on the top, smear the rim of the basin, with the beaten white of the egg, place the strips of dough on it all round, place one teaspoonful of butter in small lumps over the meat and vegetables in the basin, lift the pastry required for the top by rolling it on the rolling pin, and carefully unroll it over the basin, lightly press down the edge, make the remaining scraps of dough into any shape and put on the top, first dipping them in the egg to make them adhere, spread the whole of the remaining egg on the top cover with the biscuit powder bake with the ornament separate, after baking pour in the remaining broth and cover the opening with the ornament.

Time $\frac{3}{4}$ of an hour. Average cost 3 or 4 annas.

Sufficient for 2 persons for a meal.

79.—PLAIN TART.

INGREDIENTS.—*Flour* $\frac{1}{2}$ lb. ; *butter* 4 oz ; 1 *egg* ; *sugar* 1 oz ; *a little milk* ; 8 *small plantains* ; 2 *limes* ; 2 *tablespoonsful of sugar* ; $\frac{1}{4}$ *teaspoonful of mixed powdered spice* ; $\frac{1}{2}$ *a teaspoonful of grated orange peel* ; $\frac{3}{4}$ *glass of brandy* ; 1 *dessertspoonful of butter* ; *ghee* $\frac{1}{2}$ *a cup*.

MODE.—Put the ghee in a small frying pan on the fire, when boiling put in the plantains with their skins, and fry till the skins burst, remove the plantains, skin and cut them into slices, place a small cup inverted in the centre of the tart dish, thickly sprinkle some of the sugar round it, place a layer of the fruit on it, sprinkle with half of the spice, orange powder and more sugar, pour the juice of 1 lime and half the brandy all round, put on the rest of the fruit, spice, orange powder, lime juice and brandy, put the dessertspoon of butter all over in small lumps ; now make the paste, rub the flour into the butter, add sugar and yolk of the egg and just enough milk to make the whole into a smooth paste, sprinkle the pastry board and roller well with flour, roll out the paste a $\frac{1}{4}$ of an inch thick, place an inverted dish the size of the one used for the tart on the paste and cut out a round, roll out the extra paste again and cut into strips the width of the brim of the tart plate.

and make the scraps of paste into leaves, &c., wet the brim of the dish with the beaten white of the egg, lay on the strips, wet again with the egg and lay on the round by lifting it on the rolling pin and unrolling it over the dish, dip the pastry ornaments in the egg and place on the top and with a fork flower the border all round and bake.

Time $\frac{1}{4}$ of an hour.

Average cost 5 annas. Sufficient for 4 persons.

Almost all the ghee will remain and can be used for other purposes, so the cost of ghee is not included.

80.—FULL MANGO PICKLE.

INGREDIENTS.—35 *large graft half-ripe mangoes* ;
 2 *seers of bazaar salt* ; 6 *bottles of gingely oil* ;
and the mussala given in receipt No. 70.

MODE.—Split each mango half way through, remove the kernel, prick it all over with an iron fork, stuff each with the salt pounded, and tie with a piece of thread to prevent the salt falling out, pack closely in a vessel, chattie or jar well sprinkled with the salt all over, let it remain in the salt for 3 days ; on the 4th day remove all

the salt, stuff with the mussala prepared as in receipt No. 70 tie and pack in another clean vessel, boil the oil and pour over the mangoes boiling, after 3 months, take as many mangoes as required for use and put them into vinegar for 6 days and use. Preparing them first in oil and then in vinegar gives them a peculiar nice taste.

Will keep for years and improve with time.

81.—BOILED AVARAKOI.

INGREDIENTS.—*Avarakoi, salt, butter, pepper.*

MODE.—Cut off the heads and tails, and a thin strip on each side of the avarakoi, to remove the fibres divide each into thin strips cutting them lengthwise, drop into cold water with a small quantity of salt. Have ready a saucepan of boiling water, put the avarakoi in and boil till done, strain and serve hot with butter, pepper, and a little more salt if necessary.

When prepared in this way it resembles French beans, and is almost as good.

82.—NICE PLAIN CAKE.

INGREDIENTS.—*Flour $\frac{1}{2}$ lb.; butter 2 oz; plums 6 oz; sugar 2 oz; 1 teaspoonful of baking powder; 2 eggs; almonds 1 oz; carraway seeds*

$\frac{1}{4}$ oz ; 1 dessertspoonful of grated orange peel ;
 $\frac{1}{4}$ teaspoonful of salt ; 2 or 3 pinches of powdered spice ; $\frac{1}{2}$ a teacup of milk.

MODE—Sift the flour, salt, baking powder, spice, and orange peel, through a muslin putting in alternate spoons of each, so that all may be well mixed, add the plums and carraway seeds cleaned, the almonds blanched and cut, mix well and leave for $\frac{1}{4}$ of an hour, or longer, beat the butter to a cream rub into the flour, &c., and just enough milk to make a thick batter, sufficiently so to prevent the plums settling ; pour into a buttered and papered tin, and bake.

Time 1 hour.

Average cost 4 or 5 annas.

83.—KITCHERIE PULLAV.

INGREDIENTS.—Mutton $1\frac{1}{2}$ lb. ; rice 1 seer ; coriander seeds 1 tablespoonful ; pepper water seasoning, receipt No. 14, 1 tablespoonful ; 12 dried chillies ; 3 tablespoonsful of sliced onions ; a piece of saffron about 2 or 3 inches long ; 2 tablespoonsful of hard ghee ; salt to taste.

MODE.—Wash and cut up the meat as for curry, wash and prepare the rice, grind the mus-sala to a paste, fry the onions in the ghee, add

the mussala, fry for 1 or 2 minutes, add the meat and rice mix well add enough water to stand 4 inches above the whole, cook till quite done and dry, serve.

Beef or fowl may be used instead of the mutton.

Average cost 5 annas. Sufficient for 10 persons.

84.—MANGOEE PICKLE.

INGREDIENTS.—50 *large mangoes* ; *saffron* 1 seer ; *dried chillies* 1 seer ; 1 seer salt ; *mustard* 1 seer ; *garlic* $\frac{3}{4}$ seer ; *pepper* $\frac{1}{8}$ of a seer ; *venthium* $\frac{1}{8}$ of a seer ; *green ginger* $\frac{1}{2}$ seer ; *cummin* $\frac{1}{4}$ seer ; *curry pillay leaves* 1 handful ; 2 bottles *gingely oil* ; 2 bottles of *vinegar* ; the above ingredients to be weighed after cleaning.

MODE.—Wash the mangoes and split them in four, remove the kernel, pound the salt, mix it well with the mangoes, and let them soak for 3 or 4 days, shaking them up each day, put the oil in a clean vessel on the fire, when boiling add the mussala, ginger, garlie, curry pillay and fry for a few minutes, add the mangoes well washed in the brine, strain in, half the brine, add the vinegar, mix well boil up once or twice, remove, when cold put in jar ; will be ready for use in one month.

85.—PEACH PRESERVE.

INGREDIENTS.— *Peaches, sugar, and a little spice.*

MODE.—Weigh the fruit with an equal quantity of Ashtagram sugar, place the peaches in soup plates in one even layer, cover with boiling water, after a minute or two pour off the water, peel the peaches, remove the stones dividing the fruit in halves, place these halves in a dish with the hollows upwards, sprinkle well with sugar, repeat till all the fruit and sugar are done; do this in the evening and let the sugar and fruit soak all night, next day simmer all with the spice and kernels till done.*

83.—CONFECTION OF ALMONDS.

INGREDIENTS.——*Almonds shelled $\frac{1}{2}$ oz ; gum accacia powdered 1 oz ; white sugar 4 oz.*

MODE.—Blanch the almonds and pound them with the gum and sugar until thoroughly incorporated, make into balls the size of limes. One eaten early every morning will strengthen the chest.

* *Note* :—The stones of the peach must be cracked and the kernels added to the preserve to make it more tasty.

87.—BOILED MOCHEKOY.

INGREDIENTS — *Mochekoy, salt, pepper, and butter*

MODE.—After shelling the beans let them soak in cold water for $\frac{1}{4}$ of an hour, when a slight pressure between the finger and thumb will remove the outer skin of the bean; the shelled and skinned beans throw into boiling water with a little salt, when it is easily crushed between the fingers it is done; serve hot with butter and pepper, or only the latter.

When butter beans can't be had this dish answers almost as well as a substitute for them.

When in season it is sold by the measure.

Cost 3 pie for 2 measures. Sufficient for 2 persons.

88.—TOMATA CHUTNEY.

INGREDIENTS.—*4 tomatas a little larger than pigeon's eggs; 4 cloves of garlic; 8 green chillies: 4 slices of green ginger; 1 teaspoonful of plums; tamarind as large as a hen's egg; a little salt.*

MODE.—Peel and remove the pulp and seeds of the tomatas, and grind all the ingredients to a fine paste with a little water, on the curry stone, removing the fibres of the tamarind and adding salt to taste:

Average cost 5 pie. Sufficient for 2 persons.

89.—GARLIC MASII.

GOOD FOR THOSE TROUBLED WITH FLATULENCY
IN THE BOWELS.

INGREDIENTS.—1 *tablespoonful of clean garlic* ; $\frac{1}{2}$ *a teaspoonful of mixed mustard, cummin, pepper, venthium and coriander* ; *saffron the size of a pea* ; 1 *dried chilley* ; 1 *dessertspoonful of hard ghee* ; *salt to taste*.

MODE.—Boil the garlic in some water, which drain and throw away, grind the mussala to a paste, mash the garlic, fry it in the ghee, add the mussala mixed in $\frac{1}{4}$ tea cup of water and salt to taste, fry all till quite thick, serve.

Average cost 7 pie. Sufficient for 2 persons.

90.—KULKULS OR DOUGHNUTS.

INGREDIENTS.— $2\frac{1}{2}$ *quarter seer of rice flour* ; 3 *eggs* ; $\frac{1}{4}$ *cocoanut* ; 1 *cup of ghee* ; $\frac{1}{4}$ *seer sugar* ; *salt $\frac{1}{8}$ of a teaspoonful*.

MODE.—Scrape the cocoanut and extract the milk by pouring $\frac{1}{4}$ eup of hot water on it squeeze well and remove the pith, beat the eggs well yolks and whites separately, mix the flour, salt, and eggs well together, add 1 *tablespoonful of ghee*, put in just enough of the cocoanut milk

to make it into a rather soft dough, take a four pronged fork, rub a little ghee on it, take a piece of dough as big as a marble, flatten it on the prongs of the fork, then roll it like a music roll, with the impression of the prongs on the top, make the whole of the dough up, taking care to place each one singly in one layer on plates, as in their raw state they are sticky, put the rest of the ghee in a frying pan on the fire, when boiling, put in as many kulkuls as it will conveniently hold one by one, and fry till a light brown, remove with a spoon and sprinkle well over with sugar while hot, repeat till all the kulkuls are done.

Kulkuls may be kept for any length of time; if wanted sweeter a little sugar may be mixed with the dough, or a thin syrup of sugar made, the fried kulkuls thrown in shaken up and then thrown into sugar.

The ghee left after all are fried may be kept and used in curries.

Average cost 7 annas. Sufficient for 7 persons.

91.—LUCKNOW CHUTNEY.

INGREDIENTS.—*Limes 2 seers ; sugar $\frac{1}{2}$ seer ; raisins or plums $\frac{1}{2}$ seer ; chillies, ginger, garlic, salt, each $\frac{1}{4}$ seer ; vinegar $\frac{3}{4}$ of a bottle.*

MODE.—Quarter the limes and soak them in the salt for three days, putting them daily in the sun and mixing, on the second day soak the raisins, chillies, ginger, and garlic in a little vinegar, the next day grind to a paste, remove the seeds of the limes with two forks, and pound in a marble mortar to a pulp, mix well with the ground stuff and sugar, adding just enough vinegar to make it into a thick chutney.

Average cost 10 annas.

Care should be taken not to touch with the hand when grinding, &c., use wooden spoons as pickles touched with the fingers spoil soon.

92.—RICE PUDDING WITH FRUIT.

INGREDIENTS.—*4 tablespoonfuls of rice flour ; 2 tea cups of milk ; $2\frac{1}{2}$ tablespoonful of sugar ; $\frac{1}{4}$ teaspoonful of salt ; 1 tablespoonful of minced suet or butter ; a little nutmeg ; and 5 oranges.*

MODE.—Prepare the oranges by removing the skin, pith, and seeds, place a small inverted cup in the pudding basin, arrange the orange

round it well covered with the sugar, boil $1\frac{1}{2}$ cup of milk, when boiling add the flour, 1 tablespoonful of sugar mixed well in the remaining $\frac{1}{2}$ a cup of milk, stir well on the fire till it gets as thick as it can, take off the fire mix in the suet thoroughly, and put it in lumps all over the prepared orange, the lumps touching each other, begin from the edge of the basin, grate some nutmeg over all, and bake.

Time 1 hour.

Average cost 4 annas. Sufficient for 4 persons.

Any kind of preserve or jam may be used instead of the oranges and sugar.

93.—BATTER FOR FRYING FISH.

INGREDIENTS.—1 egg ; 4 green chillies minced ; 1 tablespoonful of minced onions ; $\frac{1}{4}$ teaspoonful of powder mint ; 4 tablespoonful of bread powder ; $\frac{1}{2}$ a teaspoonful of pepper powder and salt ; suet or ghee.

MODE.—Clean and soak the fish in salt and water for 1 hour ; if small, string them on broomsticks through the eyes, wipe them dry, sprinkle over with pepper and salt, beat the egg, mix the bread powder, onions, chillies, and mint, dip the

fish first in the egg and then in the bread, &c., and fry in boiling suet or ghee till well browned on both sides ; if done in suet, place on a clean towel to drain, serve hot.

Cost $1\frac{1}{2}$ anna. Sufficient to fry a soup plate of small fish.

94.—BRINJAL SAMBAL.

INGREDIENTS.—1 dessertspoonful each of minced onions, thick tamarind juice, and tomatoes with the skins and seeds removed, and smashed ; 2 dessertspoonsful of brinjals, roasted and smashed ; 3 green chillies minced ; $\frac{1}{4}$ teaspoonful of white salt ; $\frac{1}{4}$ teaspoonful of ghee.

MODE.—Roast the brinjals in the fire, remove the burnt skin, and mash them with all the other ingredients, except the ghee in which fry the sambal till all the ghee is absorbed in it, serve hot or cold.

Cost 4 pie. Sufficient for 2 persons.

95.—ANOTHER.

The brinjals may be boiled and skinned, and instead of the tamarind, vinegar or sauce may be used, and the tomatoes omitted ; add the rest of the ingredients, and make in the same way.

96.—COCOANUT PULLAV.

INGREDIENTS.— $\frac{1}{2}$ a seer of rice or 1 lb. ; $\frac{1}{4}$ seer of mutton ; 6 green chillies ; 6 slices of green ginger ; 6 cloves ; 6 peels of garlic ; a small piece of cinnamon ; 1 tablespoonful of sliced onions ; 1 dessertspoonful of ghee ; 1 tablespoonful of curry stuff ; $\frac{1}{2}$ a teaspoonful of mustard, cummin, coriander, pepper, and venthium mixed ; 1 cocoanut ; 1 teaspoonful of salt.

MODE.—Clean and wash the rice, cut up the meat in 1 inch squares, grind the mussala to a paste, slit the green chillies in halves, clean the galric, mix all these together with the spice, curry stuff, onions, ginger in the second milk of the cocoanut, making enough of it to stand $1\frac{1}{4}$ inch over the mixture, when the rice is $\frac{1}{4}$ done add the ghee, when $\frac{3}{4}$ done add the first milk of the cocoanut, cover closely and simmer on a slow fire, stirring occasionally, till quite cooked and rather dry. Serve cold.

Average cost 3 annas. Sufficient for 3 persons.

97.—POTATOE PIE.

FROM THE REMAINS OF COLD MEAT, &c.

INGREDIENTS.—1 lb. of cold potatoes, either mashed or plain ; 2 tablespoonsful of butter or suet

minced ; 6 tablespoonsful of flour ; $\frac{1}{4}$ teaspoonful of baking powder ; a little salt and milk ; remains of cold vegetables and meats ; 2 cloves ; a bit of orange peel ; 3 or 4 button onions ; 1 dessertspoonful of sauce.

MODE.—Make the meats, different kinds, if at hand, and vegetables into a stew with stock made from the bones, or water, fill a pie dish with it, pour in the stock reserving the remainder, make the paste, &c., similar to the pie in receipt No. 79.

Time $\frac{3}{4}$ of an hour,

Sufficient for 2 persons for a meal.

98.—BRINJAL BAKE.

INGREDIENTS.— $\frac{1}{4}$ seer of minced meat prepared as for cutlets, receipt No. 4 ; 6 or 8 brinjals according to size ; 4 tablespoonsful of ghee ; 1 tablespoonful of flour, $\frac{1}{2}$ a teaspoonful of bazaar salt.

MODE.—Put the brinjal into boiling water with the salt and boil till done, cut into halves dividing the stalks also, scoop out the inside, add into the prepared mince, fry all together well mixing and mashing the vegetable and meat together for 2 or 3 minutes, remove from the

fire, fill the scooped brinjals with it, sprinkle flour well over the stuffing, press the flour down with the hand, fry in boiling ghee placing it first on the floured side, when quite browned turn, and fry on the other side.

The ghee left after frying the bake may be used for curries, &c.

Average cost $2\frac{1}{2}$ annas. Sufficient for 4 persons.



99.—TONGUE CURRY.

INGREDIENTS.—1 *bull or cow tongue* ; 1 *tablespoonful of curry stuff, receipt No. 2*; 12 *green chillies*; 8 *peels of garlic* ; 12 *slices of green ginger* ; 6 *cloves* ; 1 *piece of cinnamon* ; 8 *leaves of curry pillay* ; 2 *tablespoonsful of sliced onions* ; 1 *tablespoonful of ghee* ; *tamarind and salt to taste*.

MODE.—Boil the tongue with enough water to cover it and a little salt, till tender enough to be pierced easily with a broomstick, add more boiling water if necessary, cut off the root, which will do for your dog's dinner, peel the skin of the tongue off, (if properly boiled the skin should peel off quite easily), cut up in 1 inch squares, put a clean vessel on the fire with the ghee and fry the onions in it with the green chillies slit,

ginger, garlic cleaned, curry pillay and spice, when brown add the curry stuff, add the tongue and 1 tea cup of the broth left from the boiling of the tongue; the rest will make a very good pepperwater or stock for any other dish; add salt to taste in the curry and simmer till the gravey is thick enough to serve, add tamarind juice to taste, boil up once or twice, and serve.

Average cost $2\frac{1}{2}$ annas. Sufficient for 4 persons.

100.—POOTOO RICE BALLS.*

(RANGOON RICE.)

INGREDIENTS.—*Pootoo rice flour, cocoanut, and sugar.*

MODE.—Make the pootoo flour into dough, form into balls, make a hole in each, fill with scraped cocoanut and sugar, cover and roll into nice round balls, drop into boiling water, they will sink at first, and rise to the surface when done, remove with a slice and roll in scraped cocoanut.

* *Note.*—The rice should not be soaked. It should be well-washed and then pounded immediately.

101.—COCOANUT MACROONS.

INGREDIENTS.—1 *lb.* grated cocoanut; $\frac{1}{2}$ *lb.*; sugar; whites of 2 eggs.

MODE.—Beat the eggs well and mix all together, and bake on wafer paper in pieces about the size of a walnut.

Average cost 3 annas.

102.—ALMOND DROPS.

INGREDIENTS.—Almonds $\frac{1}{4}$ *lb.*; butter $\frac{1}{4}$ *lb.*; sugar $\frac{1}{2}$ *lb.*; whites of two eggs.

MODE.—Shell, blanch and pound the almonds with a little water, beat the eggs well, add the butter, sugar, and almonds beating well all the time, drop on a wet paper, and bake in a slow oven.

Average cost 4 annas.

103.—COCOANUT SWEETMEAT.

INGREDIENTS.—3 cocoanuts; $1\frac{1}{2}$ *lb.* of sugar; kuss-kuss seed, $\frac{1}{2}$ a seer.

MODE.—Scrape the cocoanut, take the milk from $\frac{1}{2}$, and make a syrup with it and the sugar when thick enough to fall in lumps from the

spoon add the remaining half of the scraped cocoanuts and kuss kuss, simmer till a little dropped into water will harden, pour into a butter soup plate.

Average cost $7\frac{1}{2}$ annas. Will make 2 lbs. of sweetmeat.

104.—BLANCMANGE.

INGREDIENTS.—1 tea cup of soojee ; 1 cocoanut ; $\frac{1}{4}$ lb. of almonds ; sugar to taste ; 1 cup of water.

MODE.—Soak the soojee in the water for 5 hours, squeeze well and strain the milk through a towel, scrape the cocoanut and take its milk also, mix both together with the almonds ground to a paste, sweeten to taste, boil till very thick, pour into a greased mould, turn out when cold and serve with jelly.

Average cost 3 annas.

105.— THOVÁLE.

(GOOSEBERRY PICKLE.)

INGREDIENTS.—Gooseberries 3 lbs. ; white salt $\frac{1}{2}$ a lb. ; green chillies 8 oz ; country mustard unbroken 1 oz ; cummin 1 oz ; curry pillay leaves one handful ; gingely oil 1 bottle full ; cleaned garlic 1 oz.

MODE.—Expose the gooseberries to the sun for a day or two ; then coarsely pound them, pick out the seeds, now re-pound the gooseberries well, adding the salt, chillies, and garlic ; put the oil in a well tinned vessel on the fire, when boiling throw in the leaves, mustard, and cummin, fry well, next add the rest of the ingredients and cook till the gooseberries are done ; fill in jars and cover down when cold. May be eaten at once but improves with time ; said to be very wholesome.

Average cost 6 annas. Will make 6 lbs.

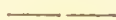
106.—MUSTARD MANGO PICKLE.

INGREDIENTS.—25 *large mangoes* ; *bazaar salt* 1 lb ; *green chillies* $\frac{3}{4}$ lb ; *dried chillies* 1 oz ; *pepper* $\frac{1}{2}$ an oz ; *green ginger* 5 oz ; *saffron* 1 oz ; *cleaned country mustard* $1\frac{1}{2}$ lb ; *English mustard* $\frac{1}{4}$ pint ; *cleaned garlic* 8 oz ; *curry pillay leaves* one handful ; *good gingely oil* 2 seers ; *vinegar* 1 bottle.

MODE.—Pare the mangoes and cut them up into small pieces, about the size of a half anna, remove the seeds. Pound the salt and mix it with the mangoes, let both soak together for 3 days, shaking them up now and then ; on the fourth day, wash the mangoes in their brine and put the pieces in a clean vessel, strain the brine

over it; this is done to remove the grit of the bazaar salt, if white salt is used it need not be strained. Put the oil in a well tinned vessel on the fire, when boiling, add the garlic and curry leaves, and fry till the garlic is quite red, next add the dried chillies, saffron, (powdered fine) pepper (whole) and the country mustard, fry for half an hour, remove the vessel from the fire, and throw in the mangoes, ginger (cleaned and sliced) green chillies (with their stocks removed and slit half way from the point of the chilly) and the English mustard, mix all well together, now pour in the brine and vinegar, mix and when cold bottle.

Average cost 1 R. .



107.—COUSIN EMMA'S CHUTTNEY.

(DELICIOUS)

INGREDIENTS.—*Must all be first cleaned and then weighed. Mangoes pared and cut up 3 lbs; plums 1 lb; (the black kind if procurable, dont remove the seeds as they impart a flavor) new tamarind 1 lb; brown sugar 1 lb; garlic 6 oz; green ginger 12 oz; white salt 2 oz; dried chillies 6 oz; vinegar 1 bottle.*

MODE.—Soak the tamarind in as much vinegar as will cover it, grind the rest of the ingredi-

ents on a clean curry stone using no water or vinegar either, as the mangoes, garlic, and plums will impart sufficient moisture to the rest, when grinding the mangoes add the chillies and plums, and grind the garlic and ginger together. Mash the tamarind well with a wooden spoon and strain through a coarse towel or muslin, add the rest of the vinegar to the pith and extract as much of the pulp as possible; now mix all the ingredients well together in a large bowl or jar, leave it in this covered for 3 days stirring every day, on the fourth day bottle it. May be eaten at once but improves with keeping.

This chutney may be gradually made, by first putting the vinegar and tamarind pulp into a large jar, and from day and day, adding the other ingredients ground a little at a time. This saves a deal of trouble and is just as good as if done in one day.

Average cost $1\frac{1}{4}$ Rs.

108.—AUNT SALE'S PICKLE.

(VERY GOOD)

INGREDIENTS.—(*Clean all the ingredients before weighing*) mangoes, sliced fine, 4 lbs; green ginger, sliced, 3 oz; broiled Bengal gram (cud-lay) 1 oz; garlic 1 oz; green chillies 3 oz;

mustard $1\frac{1}{2}$ oz ; *dried chillies* 4 oz ; *venthium* $1\frac{1}{2}$ oz ; *white salt* 2 oz ; *saffron* the weight of 6 pie ; *cummin* $1\frac{1}{2}$ oz ; *vinegar* 2 bott'es ; *gingely oil* 1 seer ; 4 handful of *curry pillay leaves*,

MODE.—Powder the saffron, cummin, gram, dry chillies, and venthium. Put the oil on the fire in a deep well tinned vessel, when boiling add the leaves and garlic, fry till the garlic looks red, add the curry stuff, fry for a minute or two, remove from the fire throw in the mangoes, ginger and green chillies, mix well, now boil the vinegar in an earthen vessel and pour over all. Bottle when cold. Use after six months.

If one bottle of vinegar and one bottle of good brandy is used the pickle will be eatable in a week and very superior.

Average cost 1 Rs. Cost with brandy $3\frac{1}{2}$ Rs.

109.—BRINJAL PICKLE.

(DELICIOUS)

INGREDIENTS.—*Brinjals* 1 vis, picked all of about the same size, the tender small kind is best ; *green chillies* $1\frac{1}{2}$ oz ; *venthium* 1 dessertspoonful ; *cummin* 1 dessertspoonful ; *country mustard* 1 teaspoonful ; *green ginger* $\frac{1}{2}$ an oz ; (cleaned and sliced) *cleaned garlic* 1 oz ; *curry pillay leaves* 1 handful ; *white salt* 3 table-

spoonsful ; gingely oil $\frac{1}{2}$ a pint ; English vinegar 2 bottles.

Dried chillies	2 oz ;	} These to be ground well in vinegar.
Cleaned garlic	5 oz ;	
Saffron	1 oz ;	
Green ginger	1 oz ;	

MODE.—Remove the stalks of the green chillies and slit them half way from the point ; remove the stalks of the bringals and slit them into 2 or 4 parts withen half an inch of the stalk end ; put the oil in a well tinned vessel on the fire, when boiling add the venthium, cummin, curry leaves, and the 1 oz of whole garlic peels, when the garlic turns red, add the ground mussala fry till done, pour in the vinegar, add the salt and mix well ; put in the brinjals, ginger and green chillies and let it boil till done. During the cooking stir carefully with a stick or the handle of the ladle to prevent the brinjals breaking and turning into a mash.

Do not make too much of this pickle as it wont keep for years as other pickles do.

Average cost 1 R.

110.—GREEN TOMATO PICKLE.

INGREDIENTS.—*Green tomatos 1 lb ; sliced onions 2 tablespoonsful ; cloves 1 teaspoonful ; two sticks of cinnamon ; English mustard 1 dessert-*

spoonful; 16 green chillies; vinegar $\frac{1}{2}$ a pint; white salt 1 oz,

MODE.—Cut the tomatoes into thin slices sprinkle with the salt and let it stand for a day or two; next pack them in alternate layers with the other ingredients in an enamelled saucepan, cover with the vinegar and simmer till the tomatoes look clear.

Average cost $5\frac{1}{4}$ annas.

111.—PLAIN QUOORMAH.

GOOD FOR TRAVELLERS.

INGREDIENTS.—*Cinnamon and cloves 3 pie weight; Unnas poo (a sort of allspice like a star) 3 pie weight; pepper 6 pie weight; green ginger 1 oz; green coriander 9 pie weight; white salt 1 oz; vinegar $\frac{1}{2}$ a tea cup; ghee $\frac{1}{2}$ a tea cup; mutton 2 seers; or 4 lbs. of beef; or fowls or game.*

MODE.—Grind all the ingredients, except the ghee, into a paste with the vinegar, cut up the meat and mix it with it, let it stand for half-an-hour; then put it on a slow fire, stirring now and then, when the meat is well cooked in its own juice, add the ghee, and fry till nearly dry; press down in brandy bottles (with the tops cut off, any tinker will do it for you) and pour over it melted

suet, which when cold will form an air-tight cork, when wanted remove the suet and serve cold or warmed. The suet may be used more than once, never keep the meat without the suet, it is this that preserves the meat from spoiling. It will keep for 6 months and more.

Average cost in Mutton 12 annas.

„ „ in beef 8 annas.

112.—PORK FRY.

INGREDIENTS.—*Pork 2 lbs ; 10 dried chillies ; ground saffron 1 teaspoonful ; cummin 1 teaspoonful ; seasoning No. 14 one dessertspoonful ; sliced onions 3 tablespoonsful ; vinegar $\frac{1}{2}$ a tea cup ; cleaned garlic 1 teaspoonful ; cloves $\frac{1}{2}$ a teaspoon ; a piece of cinnamon ; 6 slices of ginger ; salt to taste.*

MODE.—Cut up and wash the pork, grind the mussala to a paste with half the onions, and the whole of the garlic and ginger all together with $\frac{1}{2}$ a cup of water add salt to taste, let it simmer till the meat is cooked, add the vinegar and let it boil slowly open ; stir now and then and when the gravy is thick enough serve.

113.—SEA PIE.

INGREDIENTS.—*Flour* $1\frac{1}{2}$ lbs; *beef or mutton* $2\frac{1}{2}$ lbs. or *two chickens*; *curry stuff* No. 2 *three tablespoonsful*; *cloves* $\frac{1}{2}$ a *teaspoon*; *cinnamon* 1 *piece*; *sliced onions* 3 *tablespoonsful*; *cleaned garlic* 1 *dessertspoonful*; $\frac{1}{2}$ a *cocoanut*; *white salt* $\frac{1}{2}$ a *teaspoon*; *water* 2 *pints*; *ghee* 2 *tablespoonsful*; *baking powder*, if on hand, 1 *teaspoonful*; *country salt* to taste.

MODE.—Mix the flour, white salt, and baking powder into a light dough with water; roll out thin and cut into diamonds, using the rolling pin as a ruler. Cut up the meat, season with a little salt and boil in 2 pints of water, when tender remove; fry the onions, garlic, and spice in the ghee till the onions are brown, add the mussala fry for a minute or two, add the meat and broth, boil for 5 minutes; put in the pastry piece by piece, otherwise they will stick together in a mass, cook till done and the gravy thick, add the cocoanut milk, boil for a minute or two. Serve cold. The cocoanut may be omitted if not liked.

Sufficient for 6 persons. Will keep for 24 hours; a nice dish for travellers.

Average cost with American flour and beef

	Annas	7	4
„	„ mutton	8	10
„	2 chickens	9	10

114.—SWEET MANGO CURRY.

INGREDIENTS.—8 *large half-ripe mangoes*; 16 *dried chillies*; *cummin* 1 *teaspoonful*; *mustard* 1 *teaspoonful*; *sliced onions* 1 *dessertspoonful*; *ground saffron* $\frac{1}{2}$ *a teaspoon*; *ghee* 1 *dessertspoonful*; *sugar or jaggery* $1\frac{1}{2}$ *seer*; *water* 1 *teacupful*.

MODE.—Pare the mangoes and cut each into three pieces; fry the onions in the ghee till brown, now add the mussala (ground) fry for a minute or two add the water, jaggery, and mangoes; simmer closed for 15 minutes, open and cook till the mangoes are done and the gravy thick enough. Serve hot or cold.

This curry will keep for a week or more.

Sufficient for 10 persons.

Average cost 7 annas.

115.—BREAD AND BUTTER PUDDING.

INGREDIENTS.—*Bread* 12 *oz.*; *new milk* $1\frac{1}{2}$ *pint*; 6 *eggs*; *plums* 2 *oz.*; *almonds* 2 *oz.*; *butter* $\frac{1}{2}$ *seer*; *soft sugar* 3 *tablespoonsful*; *a little grated lemon peel and nutmeg*.

MODE.—Cut the bread into thin slices, remove the crust and butter, reserving a little of the butter for the dish; boil the milk, beat the

eggs and add them to the milk, put in the sugar, nutmeg and lemon peel; butter the pudding dish, pour in some of the custard, sprinkle in some of the plums and almonds; on these place a layer of the bread, repeat till all the ingredients are used up; the custard must be the last layer; bake.

Stale bread may be used up in this dish

Sufficient for 6 persons.

Average cost 6 annas.

116.—SANBRIDGE PANCAKES.

INGREDIENTS.—4 eggs; wheat or raggie flour 4 tablespoonsfuls; butter $\frac{1}{4}$ lb.; soft sugar 1 oz.; a little nutmeg and salt.

MODE.—Whisk the glare of the eggs stiff, go on whisking as you add all the other ingredients; first the yolks, next the flour gradually sprinkled on, then the nutmeg, salt, sugar, milk, and the butter melted a little. Put a frying pan over the fire when quite hot pour in enough butter to make a very thin cake, lift the pan for a minute and shake it to spread the butter; when done sprinkle with sugar roll and serve.

Average cost 4 annas.

117.—DHODHOLE

OR

(RANGOON-RICE HULWA.)

INGREDIENTS.— $\frac{1}{2}$ a seer of *Rangoon-rice* ; (*pootoo rice*) 1 lb. of *white sugar* ; 4 oz. of *shelled almonds* ; 1 *cocoanut* ; 2 *seers of ghee*.

MODE.—Grind or pound the rice to a very fine flour, blanch and grind the almonds to a paste, extract the cocoanut milk with 2 cups of boiling water ; now well mix the flour, milk, and ghee together ; place the sugar with a cup of water, in a well tinned vessel on the fire, and make into syrup when rather thick pour in the mixed flour, &c., gradually stirring all the time with scraping motion, (for the Hulva first forms on the bottom of the vessel ;) don't stop a moment till done. Roll a little piece between the fingers, if it does not adhere it is done. Press down in flat plates $\frac{1}{4}$ or $\frac{1}{2}$ an inch thick, let the extra ghee drain off.

Serve cold.

Average cost 14 annas.

118.—BOILED CHEESE.

INGREDIENTS.—1 *tablespoonful of grated cheese* ; 1 *dessertspoonful of milk* ; $\frac{1}{2}$ *a teaspoonful of butter* ; 1 *egg*.

MODE.—Put the cheese, milk, and butter in a saucepan on a slow fire, and stir until it boils, add the egg well beaten, and continue stirring till it thickens, roll like an omlet, brown and serve hot.

Average cost $1\frac{1}{2}$ annas.

119.—POLPETTI.

INGREDIENTS.—3 *tablespoonsful of very finely chopped beef* ; 1 *tablespoonful of bread soaked in milk or broth* ; 1 *tablespoonful of grated cheese* ; 1 *egg* ; 1 *lime* ; 1 *dessertspoonful of flour* ; 1 *tablespoonful of ghee* ; *pepper and salt to taste*.

MODE.—Grate the rind of the lime and take the juice and mix with the beef, bread, cheese, flour, and yolk of the egg, add pepper and salt to taste, make into balls, roll in the beaten glaze of the egg, then roll in some flour and fry brown in the ghee.

Average cost $2\frac{1}{4}$ annas.

120.—POTATO FRITTERS.

(COLD POTATOES MAY BE USED.)

INGREDIENTS.—*Mashed potatoes 2 tablespoonsful ; 3 eggs ; minced cold meat 2 tablespoonsful ; milk 1 tablespoonful ; 1 tablespoonful of hard ghee or suet, minced vinegar pickle 1 teaspoonful ; baking powder $\frac{1}{2}$ a teaspoon, if on hand ; a little pepper, nutmeg and salt ; if the fritters are required to be hot minced green chillies and onions may be added.*

MODE.—Beat the eggs well and mix all the ingredients, except the ghee together ; put the ghee or suet in a frying pan on the fire when very hot drop the butter in, a dessertspoonful at a time, when light brown on both sides remove.

Will make 16 fritters.

121.—BRINJAL JAM,

(VERY NICE FOR ROLLY POLLY).

INGREDIENTS.—*3 tablespoonsful of mashed brinjals ; 2 tablespoonsful of white sugar ; 3 tablespoonsful of water ; 1 lime ; $\frac{1}{4}$ teaspoon of powdered spice.*

MODE.—Make the sugar into syrup, boil the brinjals, remove the greatest part of the seeds, and mash in a marble mortar, removing all fibre

and skin, add to it the syrup, lime juice and spice and boil till quite thick.

Cost 8 pies.

122.—STAR GOOSEBERRY PRESERVE.

INGREDIENTS.—1 *lb.* of *gooseberries*; 2 *lbs.* of *brown sugar*; 1 *egg*; 2 *pints* of *water*.

MODE.—Prick the *gooseberries* all over with a fork, put the *sugar* and *water* on the fire when boiling add the beaten *glare* of the *egg*, let it boil till the *scum* rises, strain through a coarse towel, put the *syrup* back on the fire add the *gooseberries* and boil till they are cooked and the *syrup* thick.

Average cost 4 annas.

Will fill a 1 *lb.* jar.

123.—STAR GOOSEBERRY PICKLE BISCUIT.

INGREDIENTS.—3 *lbs.* of *star gooseberries*; 9 *oz.* of *green chillies*; 12 *oz.* of *salt*.

MODE.—Pound the *gooseberries* lightly in a stone mortar so as just to break them coarsely, pick all the seeds that you can out, add the *chillies* and *salt* and pound into a paste; make

into biscuits and dry in the sun, when quite dry put up ; as required use them ground to a fine paste on the curry stone with a little water.

Cost 4 annas.

124.—BREAD AND BUTTER FRITTERS.

INGREDIENTS.—3 *half loaves of bread, stale may be used* ; $\frac{1}{2}$ a lb. of flour ; 1 oz. of butter ; 1 pint of milk ; $\frac{1}{2}$ a seer of ghee ; $\frac{1}{2}$ a saltspoon of salt ; 3 tablepoonsful of jelly or jam ; 4 eggs.

MODE.—Cut each $\frac{1}{2}$ loaf into 8 or 10 thin slices, spread $\frac{3}{4}$ oz. of butter on them and over that jam, now press lightly two slices together with the butter and jelly in the centre, next cut them into long pieces ; make a batter of the flour, milk, eggs, salt, and $\frac{1}{4}$ oz. of butter ; put the ghee on the fire, when boiling fry in it the pieces of prepared bread dipped well in the butter, drain and serve.

Average cost 8 annas.

125.—PICKLED FISH, A BREAKFAST RELISH.

INGREDIENTS.—2 tablepoonsful of curry stuff ; 12 green chillies ; 12 peels of garlic ; 6 slices of green ginger ; 4 cloves ; 1 teaspoonful of whole

pepper ; $\frac{1}{2}$ a teaspoon of white salt ; 1 teaspoonful common salt ; 2 teacupsful of small fish ; about 2 cups of vinegar.

MODE.—Clean the fish and soak it in cold water with the common salt for 1 hour, take it out dry it with a towel, and pack it alternately with the rest of the ingredients in an earthen vessel, mix the currystuff and salt in the vinegar and pour over all, boil till done, cool and bottle. Large fish may be cut up and done similarly.

Cost 5 annas.

126.—ROLY POLY PUDDING.

INGREDIENTS.—1 lb. of wheat flour ; $\frac{1}{2}$ a cup of milk or water ; 1 teaspoonful of baking powder if on hand ; $\frac{1}{2}$ a teaspoon of white salt ; 2 table-spoonsful of prepared suet ; 1 tablespoonful of butter ; 1 egg ; jam No. 121.

MODE.—Pound the suet and butter in a mortar till quite soft ; sift the flour, salt, and baking powder together ; beat up the egg, yolk and glair separately. Now work the flour into a smooth dough with the milk and yolk of the egg, using a wooden batter stick to mix it, roll it out an inch thick and spread it with a layer of the pounded suet, over this spread some of the glaire then sprinkle over a little flour, fold it .

over and roll out again, repeat till all the suet and flour is done; roll out for the last time to the thickness of about $\frac{1}{2}$ an inch, spread the jam equally over it leaving a margin of $\frac{1}{2}$ an inch all round, wet this with water, now roll up the dough in the form of a bolster, wrap round it a towel previously wetted and sprinkled over with flour, tie the ends well with some twine rolling some of it round the centre also; put into boiling water and boil for $1\frac{1}{2}$ hour.

Average cost 5 annas.

127.—MADRAS CURRY PASTE.

INGREDIENTS.—1 lb. *coriander seed*; $\frac{1}{4}$ lb. *saffron*; 10 oz *dried chillies*; 4 oz *pepper*; 4 oz of *cleaned mustard*; 2 oz. *dried ginger*; 2 oz. *venthium*; 4 oz. *cleaned garlic*; 8 oz. *salt*; 8 oz. *prepared Bengal gram (cudlay)*; 4 oz. *cummin*; $\frac{1}{2}$ a pint of *English vinegar*; $\frac{1}{2}$ a pint of *ghee*.

MODE.—Roast all the mussala, this will make it crisp and easily powdered; pound it very fine passing the powder through a muslin, then mix it well up with the ghee and vinegar.

Cost 7 annas.

Will make 100 dessertspoonsful.

128.—BABY'S PUDDINGS.

POTATO PUDDING.

INGREDIENTS.—3 *tablespoonsful of boiled mashed potato* ; $\frac{1}{2}$ *a teaspoon of butter* ; 1 *egg* ; $\frac{1}{2}$ *a cup of milk* ; 1 *tablespoonful of sugar* ; *a little salt and nutmeg.*

MODE.—Beat the egg and mix all well together and pour into a buttered mould, grate a little nutmeg on the top ; bake for $\frac{1}{2}$ an hour, and serve with sugar sprinkled over it.

Cost $1\frac{1}{2}$ annas.

Will make two saucers full.

129.—SAGO PUDDING.

INGREDIENTS.—2 *tablespoonsful of sago* ; 1 *cup of milk* ; 1 *egg* ; $\frac{1}{2}$ *a teaspoon of butter* ; 1 *tablespoonful of sugar* ; *and a little salt.*

MODE.—Wash the sago and boil in the milk till done ; beat the egg ; now mix all the ingredients well together and bake.

Average cost 2 annas.

130.—HASTY PUDDING.

INGREDIENTS.—2 *tablespoonful of sooggie* ; 1 *cup of*

milk ; 1 teaspoonful of butter or ghee ; 1 egg ; a pinch of salt ; and a tablespoonful of sugar.

MODE.—Boil the milk, sooggie, salt, and sugar till quite thick, remove from the fire, mix in it the ghee and egg beaten, put it back on the fire for 5 minutes stirring all the time ; pour into a saucer and serve cold with sugar.

Cost $1\frac{1}{2}$ annas.

131.—RICH POTATO PUDDING.

INGREDIENTS.—3 *tablespoonsful of mashed potatoe ; $\frac{1}{2}$ a cup of milk ; 1 egg ; $\frac{1}{2}$ a teaspoon of baking powder ; 1 teaspoonful of suet ; 2 tablespoonsful of plums ; 1 dessertspoonful of cleaned and minced almonds ; $\frac{1}{2}$ a teaspoon of butter ; 1 tablespoonful of sugar ; 1 lime ; $\frac{1}{2}$ a teaspoon of corn-flour ; a little salt and nutmeg.*

MODE.—Beat the egg and mix all the ingredients together with the juice of the lime, and the milk and cornflour made into congee, pour into a buttered mould grate a little nutmeg on the top and bake for $1\frac{1}{4}$ hour serve with sauce No. 132.

Cost 3 annas.

132.—PUDDING SAUCE.

INGREDIENTS.—1 *dessertspoonful of butter* ; 1 *tablespoonful of sugar* ; 6 *almonds* ; 1 *wineglassful of port wine or brandy*.

MODE.—Clean the almonds and pound with the sugar, add to the butter and wine in an enamelled saucepan, place on a slow fire till all is well mixed ; serve.

Will keep for 2 or 3 days.

133.—ORANGE PUDDING.

INGREDIENTS.—3 *oranges* ; 1 *tablespoonful of flour* ; 2 *tablespoonsful of bread crumbs* ; 1 *tablespoonful of sugar* ; 1 *dessertspoonful of butter* ; 2 *eggs* ; $\frac{1}{2}$ *a teaspoon of baking powder*.

MODE.—Clean the oranges, removing all the fibre, &c., and take 3 *tablespoonsful of the pulp*, grate the rind and take 1 *dessertspoonful*. Rub the butter and sugar to a cream, add the beaten yolks and the orange, whip very light, and while doing so put in alternate spoonsful of the bread crumbs, flour, and beaten glair ; butter a mould, pour in the batter and bake for 1 $\frac{1}{2}$ hour,

Cost 2 $\frac{1}{2}$ annas.

134.—GOOD PUFF PASTE FOR PIES, &c.

INGREDIENTS.—1 *lb. of flour*; 1 *egg*; 1 *lime*; 1 *teaspoonful of baking powder*; 1 *tablespoonful of prepared suet*; 1 *dessertspoonful of butter*; a *little salt*.

MODE.—Sift the flour, baking powder, and salt together through a muslin; pound the suet and butter together; beat the egg up, yolk and glair separately. Make a hole in the flour and put in it the yolk and lime juice, and gradually add water; mixing all the while with a wooden spoon or knife, when all the flour is mixed, remove the knife and kneed the dough lightly and quickly into a ball, roll it out to the thickness of $\frac{1}{2}$ an inch, with a knife spread some of the prepared suet over it, just as you would butter a slice of bread, over this spread some of the beaten glare, sprinkle over with a little flour, fold and roll out again, repeat this till all the suet, &c., is done, roll out and it is ready for use.

Cost 3 annas.

135.—STRENGTHENING JELLY.

INGREDIENTS.—2 *oz.^s of gum arabic*; 2 *oz. of isinglass*; 2 *oz. of white sugar candy*; 1 *nutmeg*; 1 *pint of port wine, or Madeira, or milk*.

MODE.—Pound the sugar candy and gum

together into a fine powder, put it with the rest of the ingredients into a jar, cover and set in a vessel of boiling water until dissolved, pour upon a plate, when cool cut into pieces.

Cost if made with Port 1-4-0 annas.

136.—GUAVA JELLY.

INGREDIENTS.—2 lbs 10 oz. of guavas ; $1\frac{1}{2}$ lbs of Ashtagram Sugar ; 6 limes ; 2 pints of water ; a few cloves and piece of cinnamon.

MODE.—Wash and wipe the guavas and divide them into quarters, throw them into a vessel with the water and boil till soft, strain off the juice which put back on the fire and boil till thick, add the sugar, lime juice and spice, and boil till it jellies ; which may be known by dropping a little on a plate, if when cold the drops are firm, the jelly is done ; pour while hot into jars or glasses ; skim during the boiling.

Cost $6\frac{1}{2}$ annas.

Will make $2\frac{3}{4}$ lbs, of jelly.

137.—GUAVA CHEESE.

VERY NICE.

INGREDIENTS.—*The guava refuse of the jelly No. 136, sugar, and limes.*

MODE.—Pulp the boiled guavas through a wire seive; to each tablespoonful of pulp add one of soft sugar, and to each 4 tablespoonsful of pulp add the juice of one lime, boil all together, stirring often, when it is as thick as possible and falls in masses from the spoon; put into moulds previously dipped in cold water; when quite cold turn out and serve. If properly made this will be so firm that it may be cut with a knife. If removed from the fire when rather thin it is very good jam and does well for puddings.

Cost 4 as.

Will make $1\frac{3}{4}$ lbs of cheese.

138.—CURRY POWDER.

INGREDIENTS.—1 lb of coriander; $\frac{3}{4}$ lb cummin; 6 oz. of saffron; 10 oz of dried chillies; $2\frac{1}{2}$ oz. of black pepper; 5 oz. of venthium; 4 oz of cleaned mustard; 1 handful of dried curry pilla leaves.

MODE.—Broil all the ingredients and pound

them to a very fine powder and sift through a muslin, put up without pressing down.

Cost 6 as.

Will make 40 Tablespoonsful.

139.—SWEET LIME CHUTNEY.

INGREDIENTS.—25 *Limes* ; 1 *lb* of *shelled almonds* ; 1 *lb* of *sugar* ; $\frac{1}{2}$ *lb* *garlic* ; $\frac{1}{4}$ *lb* *salt* ; $\frac{1}{4}$ *lb* *green ginger* ; 2 *oz* *dried chillies* ; 1 $\frac{1}{2}$ *bottle* of *vinegar*.

MODE.—Scrape the rind of the limes lightly with a nutmeg grater ; cut into four without separating, and boil in $\frac{1}{4}$ bottle of vinegar with 3 dessertspoonsful of sugar, throw away the liquid, grind all the ingredients with vinegar, bottle and stand in the sun for two weeks.

Cost 1 R.

140.—DRY MUTTON CURRY.

INGREDIENTS.—*Mutton* 2 *lbs* ; *coriander* 3 *tablespoonsful* ; *seasoning* No. 14 one *teaspoonful* ; a *small piece* of *saffron* ; 2 *garlics* ; 15 *dried chillies* ; $\frac{1}{2}$ a *cocoanut* ; *sliced onions* 2 *tablespoonsful* ; 6 *curry-pilla leaves* ; *ghee* 1 *tablespoonful* ; *tamarind* and *salt* to *taste*.

MODE.—Except the onions, 10 *garlic* peels,

and curry leaves, grind all the mussala to a paste; fry the onions, garlic and curry leaves in the ghee, when the onions are brown, add the mussala and fry a little, next add the mutton (cut up) with the salt and tamarind pulp; reduce the fire to a slow one, stir often, when nearly done add the cocoanut milk and stir until dry. Serve.

Average cost 6 annas.

141.—SUPERIOR LIME PICKLE.

INGREDIENTS.—134 *Limes*; 602 *dried chillies*; 2 oz of *pepper*; *saffron* 2 oz; *venthum* 2 oz; *mustard* 3 oz; *cummin* 4 oz; *garlic* $2\frac{1}{2}$ seers; *green ginger* $\frac{1}{4}$ seer; *green chillies* $1\frac{1}{4}$ seer; *white sugar* about 1 lb; *English vinegar* $2\frac{1}{4}$ bottles; *gingely oil* 4 bottles; *white salt* 2 oz; *country salt* 3 seers; 1 handful of *curry pilla leaves*.

MODE.—Slit the limes into four and stuff with the pounded bazaar salt and allow it to soak for 10 days; then remove the limes from the brine and expose to the sun for 9 hours; throw it back in the brine for the night, in the morning take it out and dry again, repeat this till all the brine is absorbed, after this expose to the sun for a week till perfectly dry; (in this state the limes may be kept any length of

time and pickled when desired) remove the stocks of the green chillie, and cut off the tips, clean the garlic; clean and slice the ginger; and powder the mussala finely; put the oil on the fire, when boiling add 3 garlies bruised with the skin on, and the curry leaves, when the garlic looks red add the chilly powder, fry a little, next add the saffron and the rest of the mussala, now add the garlic, green chillies, ginger, fry till the chillies change color, pour in the vinegar and throw in the limes, previously well washed in the country vinegar, add the sugar and white salt, keep on the fire for 10 minutes, remove and allow it to cool in the vessel, when cold put into jars; ready for use in a week, improves by keeping.

Cost $3\frac{1}{2}$ Rupees.

142.—CHILDREN'S APPLE PUDDING.

INGREDIENTS.—2 *Large Apples*; 1 cup of milk; 1 egg; (1 *teaspoonful of gelatine if on hand*) 1 *dessertspoonful of sugar*; $\frac{1}{3}$ of a cup of bread crumbs; a little nutmeg and butter.

MODE.—Buttor a small dish, fill it with alternate layers of the crumbs, apples, (pared and sliced) sugar, and nutmeg; finishing off with the crumbs; boil the gelatine in the milk

till it dissolves, add the egg well beaten, mix and pour over the crumbs, and bake.

143.—MINT CHUTNEY TO KEEP.

INGREDIENTS.—*Green Mint leaves* $2\frac{1}{2}$ oz. *green chillies* $2\frac{1}{2}$ oz ; *common salt* 2 oz ; *garlic* $\frac{1}{2}$ oz ; *onions* $1\frac{1}{2}$ oz ; *tamarind* $5\frac{1}{2}$ oz ; *vinegar* $\frac{1}{4}$ cup.

MODE.—Carefully whipe the mint free from sand, and grind all-together with the vinegar into a thick paste, removing the fibre of the tamarind with a pointed stick, and use a wooden spoon in moving the chutney on the grind stone.

Cost $1\frac{1}{2}$ annas.

Will make 1 lb. of chutney.

Improves with time.

144.—ORANGE JAM.

INGREDIENTS.—18 *Coorg oranges* ; 6 *limes* ; *Ashtagram sugar* $1\frac{3}{4}$ lb ; 12 *cloves, cinnamon* 2 pieces.

MODE.—Take only the pulp of the oranges, removing the rind, &c., weigh 3 lbs of the pulp, and simmer till thick, add the sugar and boil till it thickens again, now put in the lime juice and

spice and boil till it jellies ; pour into jars while hot and cover when cold.

Will make $2\frac{1}{2}$ lbs of jam.

Cost in season 6 annas.

145.—PUMPKIN CUSTARD PUDDING.

VERY NICE.

INGREDIENTS.—1 *Pint of boiled mashed pumpkin* ; $\frac{1}{4}$ lb of butter ; 8 eggs ; 2 *tablespoonsful of brandy* ; 1 *teaspoonful of mixed powdered spice* ; 1 *teaspoonful of grated nutmeg* ; $\frac{1}{4}$ lb of sugar.

MODE.—Remove the rind and seeds of the pumpkin, cut into small pieces and stew in a little water till soft, evaporate the water, mash the pieces and add the butter, when nearly cold add the beaten eggs, sugar, spice, nutmeg, and brandy mix well, pour into a buttered mould and bake in a slow oven for $\frac{1}{2}$ an hour.

Average cost $5\frac{1}{2}$ annas.

146.—SWEET MANGOE CHUTNEY.

INGREDIENTS.—*Minced green mangoes* 2 lbs ; *minced almonds* 1 lb ; *minced raisins* 1 lb. ; *currants* 1 lb ; *white salt* $\frac{1}{2}$ a lb ; *minced onions* $\frac{3}{4}$ lbs. ; *white sugar* $\frac{1}{2}$ lb. ; *minced garlic* $\frac{1}{4}$ lb. ;

dried chillies powdered fine $\frac{1}{4}$ lb. ; $\frac{1}{2}$ or $\frac{3}{4}$ of a bottle of English vinegar.

MODE.—Mince the mangoes into a basin of fresh water, then put in a clean towel and squeeze the water well out, do the same with the onions, and weigh out the quantities, next mix all the ingredients with the vinegar, bottle and put away for a month or two before using.

147.—PUMPKIN PRESERVE.

INGREDIENTS.—2 lbs. of pumpkin; 2 lbs. of *Ashtagram* sugar or sugar candy ; 1 pint of lime juice ; a little bruised dry ginger, thinly pared lemon rind.

MODE.—Obtain a good sweet pumpkin, remove the seeds, pare off the rind, cut up into pieces, about the size of a $\frac{1}{4}$ anna, weigh out the 2 lbs., put the pieces in a deep dish like a soup tureen, in alternate layers with the sugar, pour the lime juice over the top and let the whole remain for 2 or 3 days, then boil all together until the pumpkin becomes tender and transparent ; pour back the whole into the dish and let it remain for a week then drain off the syrup, add the ginger and lemon rind and boil till quite

thick, put the pumpkin into jars and pour the boiling syrup over, cover when cold.

Cost 10 annas.

Will make 3 lbs. of preserve.

148.—MAMEE'S CHUTNEY.

INGREDIENTS.— $3\frac{1}{2}$ lbs. of *tomatoes*; *new tamarind* cleaned of fibre &c. 1 lb.; *plums* 1 lb. *green ginger* 8 oz; *onions* 8 oz; *green chillies* 4 oz; *dried chillies* 4 oz; *salt* 4 oz; *vinegar* about 1 pint.

MODE.—Remove the skins, seeds, and pulp of the tomatoes, and grind all together into a thick paste with vinegar, may be eaten at once, improves with keeping.

Will make $6\frac{1}{2}$ lbs.

Cost 13 annas.

149.—PICKLING BEEF.

INGREDIENTS.—6 quarts of *salt water*; 2 lbs. of *common salt*; 1 oz. of *saltpetre*; $\frac{1}{4}$ lb. of *brown sugar*; 8 or 12 lbs. of *beef*.

MODE.—Except the beef boil all together for 20 minutes and when cold strain into a well seasoned wide mouth pot; cut the beef into 2 or 4 lbs. pieces, if only a small piece will be required at a time, put it into the pickle and see that the pieces are well covered by it, turn

the pieces every other day. It will be fit for use in 4 days. When required, put a piece in a vessel of cold water which must cover the meat entirely, and boil on a slow fire till done.

Serve hot or cold. Reboil the pickle once a fortnight.

Cost of pickle 3 annas.

150.—BULCHAN.

BREAKFAST RELISH.

INGREDIENTS.—10 oz of *minced onions* ; 2 oz of *garlic* ; 4 oz of *green chillies* ; 4 oz of *green ginger* ; 1 *teaspoonful* of *white salt* ; $\frac{3}{4}$ lb of *tamarind* ; 1 *tablespoonful* of *ghee* ; 3 lbs of *tomatoes* ; 1 lb of *saltfish without bones* ; 1 *teaspoonful* of *ground saffron*, *vinegar* about $\frac{1}{2}$ or $\frac{3}{4}$ *bottle*.

MODE.—Soak the saltfish and tomatoes in hot water, remove the skins of the tomatoes and squeeze out the pulp and seeds which throw away, wash the saltfish from all grit and remove the skin, mince all the ingredients, soak the tamarind in the vinegar and remove the fibres, &c. ; put the ghee in a vessel and fry the saltfish and saffron till brown ; add the rest of the ingredients and boil till quite thick ; put up when cold.

Average quantity $5\frac{1}{2}$ lbs.

„ cost 14 annas.

151.—PUMPKIN WITH FORCE MEAT. 1

INGREDIENTS.—*A small pumpkin ; mince meat like that prepared for Sandwich Rolls No. 15.*

MODE.—Cut a piece off one end of the pumpkin, remove the seeds and fill with the mince meat replace the cutoff end and bake until tender in a slow oven.

152.—A CHEAP TAPIOCA OR SAGO PUDDING.

INGREDIENTS.—*One teacupful of tapioca or sago ; 10 large plaintains ; 2 limes ; 2 tablespoonsful of white sugar ; 2 tablespoonsful of butter ; 4 tablespoonsful of milk ; a little nutmeg and orange peel.*

MODE.—Soak the tapioca over night in plenty of water ; next morning pour the water off and leave till required ; butter a pudding dish, put in a layer of the tapioca, on it one of sliced plaintains, squeeze some of the lime juice on the plaintains, then grate some of the nutmeg and orange peel over it, next sprinkle a portion of the sugar, and place some of the butter in little lumps over all, repeat till all your ingredients are used, taking care to leave the tapioca as the topmost layer, pour the milk over the

whole ; cover with an old dish or piece of tin and bake for 2 hours ; serve cold,

Average cost 6 annas.

Sufficient for 6 persons.

153.—GINGER CORDIAL.

INGREDIENTS.—*Brandy $\frac{1}{2}$ a pint ; the rind of $1\frac{1}{4}$ lemons ; dried ginger $\frac{1}{4}$ oz ; white sugar 5 oz ; water $\frac{1}{4}$ pint.*

MODE.—Bruise the ginger, spread the lemon peel, and put them with the brandy into a glass stoppered bottle ; shake the bottle daily for 10 days, on the 11th day boil $\frac{1}{4}$ pint of water, add the sugar, and contents of the bottle to it, mix well and leave it to cool ; strain through a muslin and bottle.

Cost 11 annas.

Will make about a pint, good for Colic and Flatulency.

154.—PUMELŌ PRESERVE.

INGREDIENTS.—*1 Pumelo ; Astragam sugar 1 viss ; 4 limes ; 6 cloves and 6 inches of cinnamon ; $1\frac{1}{2}$ pint of water.*

MODE.—Pare the rind thinly off, and cut it

up into pieces about an inch square, then boil in water for one hour, drain from the water put into a towel and squeeze dry, now throw into cold water and leave till next day ; on the following day clean the pumelo fruit of the seeds &c., and press out the juice through a lime squeezer ; put the sugar and water on the fire, boil and skim, now add the rind, juice, spice and lime juice, simmer till the pieces look transparent, take out the pieces and bottle, thicken the syrup and pour over it.

Average cost 9 annas.

155.—DOCPEAZA HADUS.

A tolah is one rupee's weight.

INGREDIENTS.—*Beef* 1 lb ; *ghee* $\frac{1}{8}$ of a seer ; *coarse tyre* $\frac{1}{4}$ seer ; *Mysore red dhal* $\frac{1}{8}$ of a seer ; *garlic* $\frac{1}{2}$ tolah ; *onions* $\frac{1}{4}$ seer ; *green ginger* 1 tolah ; *cinnamon* 1 stick ; 6 cloves ; 2 cardamoms ; *pepper* $\frac{1}{4}$ teaspoon ; *saffron* $\frac{1}{2}$ a tolah ; 4 dried chillies ; 1 tablespoonful of coriander seeds ; $\frac{1}{4}$ teaspoon of seasoning No. 14 ; salt to taste.

MODE.—Cut up the meat into small pieces and wash it well, pound together the ginger, half the garlic, onions, and coriander seeds, squeeze the juice into a basin and pour over it the tyre, add the salt and meat and mix up well,

put half the ghee into a vessel with the remaining onions sliced, the meat &c., cover, when boiling lift the vessel and move the contents by a circular movement, replace on the fire and cook open till the tyre is dried up, then fry it well, then add the dholl and hot water, boil closed till the gram is done, next add the remainder ghee, garlic sliced, and the curry stuff well ground, mix well, cover and let it simmer for 5 minutes, open and leave on the fire for 10 minutes ; serve.

Average cost 3 annas.

Sufficient for 4 persons.

156.—VEGETABLE PUDDING.

INGREDIENTS.—*Carrots 6 oz ; potatoes 6 oz ; plums 6 oz ; flour 6 oz ; suet 6 oz ; 1 egg ; $\frac{1}{2}$ a teacup of milk ; $\frac{1}{4}$ teaspoon of salt.*

MODE.—Boil the potatoes and mash them, grate the carrots raw, mince the suet, beat up the egg, mix all these well together and bake.

Cost $3\frac{3}{4}$ annas.

Sufficient for 4 persons.

157.—BEEF A LA MODE.

INGREDIENTS.—*Beef 1 lb; suet $\frac{1}{4}$ oz; 1 large onion; flour 1 dessertspoonful; water $1\frac{1}{2}$ pint; pepper $\frac{1}{4}$ teaspoon; 3 cloves; 2 cardamoms; a bunch of soup herbs (commonly given in the market for 1 pie) tablespoonful of thick tamarind pulp; and salt to taste.*

MODE.—Cut the beef into small pieces and roll them in the flour; put the suet into a stewpan with the onion which should be sliced thin. Let it get quite hot, lay in the pieces of beef, and stir them well about. When nicely browned all over add by degrees boiling water, stirring it well; put in the spice and herbs, cover and let it stew very gently till the meat is tender, open and add the tamarind, remove the herbs and serve.

Average cost 2 annas.

Sufficient for 2 persons.

158.—RASPBERRY AND ORANGE JELLY.

INGREDIENTS.—*6 lbs of raspberries; about 12 Croog oranges; 8 large limes; 3 lbs of Astragram sugar; and a little spice.*

MODE.—Boil the raspberries till the juice runs out, strain it through a wire seive, put the

peels of orange in a lime squeezer and press out the juice; to 2 pints of raspberry juice add 2 pints of orange juice and $\frac{1}{2}$ a pint of lime juice; boil till the juice is reduced a little add the 3 lbs of sugar and spice and boil till it jellies.

Average cost 1 rupee 3 annas.

159.—PEACH CUSTARD SAUCE.

(To serve with pudding tarts &c.,)

INGREDIENTS.—*Milk $\frac{7}{2}$ seer; 3 eggs, sugar one dessertspoonful; 3 peach leaves; and a little nutmeg.*

MODE.—Beat the eggs, sweeten the milk; stir these ingredients well together, add the peach leaves and nutmeg. Put the mixture in a saucepan over a slow fire, and stir the sauce one way until it thickens, remove the peach leaves and serve.

Average cost $1\frac{1}{2}$ annas

Sufficient for 6 persons.

160.—SALAD DRESSING.

INGREDIENTS.—*1 teaspoonful of mixed mustard; 1 teaspoonful of pounded sugar; 1 tablespoonful*

*of salad oil ; 4 tablespoonsful of milk ; 2 table-
spoonsful of vinegar ; cayenne and salt to taste.*

MODE.—Put the mixed mustard into a salad-bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together. Proceed in this manner with the milk and vinegar, which must be added {very gradually or the sauce will curdle. Put in the seasoning when the mixture will be ready for use.

Average cost 1 anna 4 pie.

Sufficient for a small salad, such as No. 161.

This dressing may be prepared in a large quantity and kept on hand, but you must omit the milk, which must be added when it is used.

161.—SALAD.

INGREDIENTS.—3 *lettuces* ; 8 *English radish* ; 8 *leeks or young Spring onions*.

MODE.—Wash and carefully pick over the *lettuces*, and drain them by swinging them in a clean cloth ; cut them up into small pieces, slice the *radish* and *onions*. Have the salad-bowl ready with the dressing No. 160 ready prepared

in it, arrange all the ingredients over it and do not stir up until it is to be eaten.

Cost of dressing 1 anna 4 pie.

Cost of salad 1 anna.

Sufficient for 4 persons.

162.—CLOVEE.

(A SUBSTITUTE FOR TEA.)

INGREDIENTS.— $\frac{1}{4}$ slice of bread or one small butter biscuit ; 3 cloves ; 2 teaspoonsful of white sugar ; $\frac{1}{4}$ cup of milk.

MODE.—Toast the bread or biscuit brown, bruise the cloves, and put these into a tea-pot or jug, pour $\frac{3}{4}$ cup of boiling water over them infuse for 10 minutes ; put the milk and sugar into a cup add the infusion and drink.

Cost 9 pie.

Sufficient for one person.

163.—FRICADLE.

INGREDIENTS.—1 lb. of beef or mutton ; suet 1 oz ; bread 1 slice ; $\frac{1}{2}$ a nutmeg ; $\frac{1}{4}$ cup of milk ; 1 teaspoonful of flour ; 1 dessertspoonful of sauce ; pepper and salt to taste ; 1 egg.

MODE.—Mince the meat and suet, grate the nutmeg, soak the bread in boiling milk, beat the

egg, mix all well together with the flour &c. and bake until it is a pale brown ; but not hard.

Average cost in mutton $3\frac{1}{2}$ as. in beef $2\frac{1}{2}$ as.

Sufficient for 3 persons.

164.—BAKED POTATOE PUDDING.

INGREDIENTS.—12 oz. of potatoes ; 1 oz. of suet or butter ; 1 oz. of milk ; 1 oz. of cheese.

MODE.—Boil the potatoes remove the skin and mash, grate the cheese and mince the suet mix all the ingredients well together with as much boiling water as will bring it to a due consistence and then bake in a pan.

Cost $3\frac{1}{2}$ annas.

165.—VEGETABLE MARROW.

INGREDIENTS.—1 small marrow ; 1 dessertspoonful of butter ; 1 teacupful of milk ; a little salt, mace and pepper.

MODE.—Peel and cut in halves, length ways if the seeds are tender do not take them out. Butter inside sprinkle with the mace, salt and pepper, place in a vessel with the milk and stew till tender.

Average cost $1\frac{1}{2}$ annas.

Sufficient for 2 or 3 persons.

166.—CLARET CUP

INGREDIENTS.—1 bottle of Claret ; $\frac{1}{2}$ a bottle of water ; 1 lime (sliced) ; two or three pieces of cinnamon ; $\frac{1}{2}$ a teaspoon of carraway seed ; sugar to taste.

MODE.—Boil all the ingredients together for a minute or two ; remove from the fire let it cool, then strain and serve

167.—CHEAP COCOANUT BREAD PUD-
DING.

INGREDIENTS.—1 lb. of bread crusts ; 1 handful of cashewnuts ; 1 cocoanut ; $\frac{1}{2}$ a nutmeg ; 3 eggs ; 4 oz. of plums ; 2 table-spoonsful of sugar ; 1 teaspoonful of baking powder (if on hand.)

MODE.—Soak the crusts in boiling water till soft, slice up the cashewnuts, extract the cocoanut milk, grate the nutmeg ; beat up the eggs ; squeeze out the water from the crusts and mash well, add all the other ingredients, the eggs last, mix well, and pour into a dish rubbed with ghee and bake.

Cost 6 annas.

168.—RASPBERRY VINEGAR.

INGREDIENTS.—5 lbs. of *Raspberries* ; 2 bottles vinegar ; 6 lbs of *Astragam* sugar; 1 bottle of brandy.

MODE.—Put the Raspberries into a jar, pour the vinegar over it and let it soak for three days, shaking up daily ; then drain off the liquor without pressing, into a stone jar. Add to every pint of the liquor one lb. of sugar, stir them together and when the sugar is dissolved cover the jar, set it upon the fire in a sauce-pan of boiling water, and let it boil for one hour ; add to each pint 1 glass of brandy, bottle it and seal the corks. Now take the raspberry pulp and mash it through a coarse towel, add sugar as above and boil for $\frac{1}{2}$ an hour, add brandy and bottle ; this is not so delicate as the first extract. The brandy may be omitted.

Average cost 3 Rs, 8 as.

No. 169.

The quantity of mussala, &c., necessary weekly, to cook, 1 seer of mutton, $1\frac{1}{4}$ seer of rice ; and to make a bowl of pepperwater daily.

1 seer of rice will when cooked fill 5 large soup plates and is as much as any five persons can possibly eat.

Weekly.

Chillies	...	... $\frac{1}{2}$ seer	...7 pie	} Average cost; 1 pol- lam weighs 3 Rs.
Corriander	...	... $\frac{1}{2}$ "	...4 "	
Salt	...	... $1\frac{1}{2}$ "	...7 "	
Tamarind	...	... $1\frac{1}{2}$ "	...6 "	
Saffron	...	...1 pollom	... $7\frac{1}{2}$ "	
Garlic	...	... "	... $1\frac{1}{2}$ "	
Onions	...	...1 seer	...3 "	
Seasoning	No. 14	... $1\frac{1}{2}$ pollam	...5 "	
Ghee	...	... $\frac{1}{4}$ vis 6 as. 6 pie	... "	

(Ghee is an ingredient that may be used in almost any quantity; I have given a fair average, but more or less may be used according to taste.)

With the addition of a breakfast dish, one annas fuel will be sufficient, daily, to cook the above given quantity.

I have left a small margin for the cook, in the above scale, without which perquisite your curries are sure to be spoiled.

170.—BUTTER CHOPS.

INGREDIENTS.—1 lb. of mutton chops; $\frac{1}{2}$ seer of milk; 5 eggs; 1 tablespoonful of flour; $\frac{1}{4}$ seer butter; 2 green chillies minced; 1 teaspoonful of seasoning No. 16; $\frac{1}{4}$ teaspoon of pepppper and salt.

MODE.—Sprinkle the chops on both side, with the seasoning, place it on a dish with half

the onions and green chillies under and the rest over, and leave it so for 15 minutes ; and beat up the eggs, add the milk, flour, and pepper and salt ; butter a pie dish, pour in half the custard, arrange the chops in it, place the remainder butter on it, pour the rest of the custard over the chops and bake.

Cost 7 annas.

Sufficient for 4 persons.

171.—TO BAKE POTATOES.

INGREDIENTS.—*Potatoes, butter, salt.*

MODE.—Wash, peel, and slice the potatoes into a baking dish with a little water at the bottom, upon each layer of potatoes sprinkle a little salt and place a few small lumps of butter, repeat till the dish is full (let the last layer be butter) and bake.

172.—DAMASCUS BISCUITS.

INGREDIENTS.—3 eggs ; suet 2 oz ; almonds $\frac{1}{2}$ oz ; 6 oz. of sugar ; 2 oz. of flour ; 1 lime.

MODE.—Beat the white of the eggs to a stiff froth, add the suet and almonds chopped fine, beat well, add the yolk and sugar beaten together, continue beating, shake in the flour,

with the lime juice to flavour, mix well and pour into small tins and bake in a quick oven.

Cost 1 anna 9 pie.

173.—FRESH CHEESE.

INGREDIENTS.—6 seers of new milk; 1 coffee cupful of white salt; half a teacup of sour butter-milk; a little lime juice.

MODE.—Put the milk in a saucepan over a slow fire, then mix in by degrees the salt, stirring the milk the whole time, untill it is nearly boiling; take it off, pour it into a dish and let it stand until cool; add the buttermilk and squeeze a little lime juice into it and let it remain 24 hours, then remove the curd from the whey, put it into a towel or cloth, and hang it to drain; when the whey has run off, give the curds a shake in the cloth, so as to bring all into a mass, put it, with the cloth it is in, into a bamboo basket or frame, and place a weight of about 6 lb. upon it, with a thin board between, the following day the cheese may be turned, and salt sprinkled over it. In 3 or 4 days it is fit for eating, though it is better for being kept longer.

Cost 13¼ annas.

174.—COCOANUT MACAROONS.

INGREDIENTS.—1 lb. *Astragram sugar* ; 4 eggs ; 1 lime ; 3 oz of almonds ; $\frac{1}{2}$ lb. of cocoanut ; $\frac{1}{2}$ lb. of rice.

MODE.—Only the whites of the eggs are used, which beat into a stiff icing with the lime juice, grind the cocoanut, almonds, and rice, add to the eggs and stir all gently together ; lay out with a spoon in pieces the size of a small walnut on wafer paper on a baking tin, bake of a light color in a cool oven.

Cost 6 as 10 pie.

175.—ALMOND ZEST.

INGREDIENTS.—4 oz. of *sweet almonds* ; 1 oz. of *fresh butter* ; a little salt, *chillie powder*, and *mace mixed together*.

MODE.—Blanch the almonds and fry in the butter, drain and sprinkle with the salt &c. ; serve hot.

Cost $2\frac{1}{2}$ as.

176.—BOMBAY PUDDING.

INGREDIENTS.—4 eggs ; *milk* $\frac{1}{2}$ a seer ; $\frac{1}{2}$ oz. of *butter* ; a glass of *wine or brandy* ; a little *nutmeg* ; 1 cocoanut, $\frac{1}{2}$ lb. of *flour* ; 2 oz. of *butter*.

MODE.—Only the yolk of the eggs must be

used ; make some puff paste with the $\frac{1}{2}$ lb of flour and 2 oz. of butter and line a dish with it; make a custard with the yolks, and milk adding the cocoanut rasped fine with the $\frac{1}{2}$ oz. of butter, a little grated nutmeg, and the wine or brandy fill the lined dish and bake of a delicate brown color.

Costs $9\frac{1}{4}$ annas.

177.—ALMOND DRINK.

INGREDIENTS.— $\frac{1}{2}$ lb. of almonds ; 3 pints of milk ; sugar to taste.

MODE.—Blanch the almonds and throw them into cold water, remove from the water and pound them in a marble mortar with 2 table-spoonsful of milk to prevent its oiling, now mix in the rest of the milk gradually, sweeten with sugar ; this is then boiled. Stir till cold, and strain.

Cost $4\frac{1}{2}$ annas

178.—HOT PUDDING SAUCE.

INGREDIENTS.—4 table-spoonsful of brown sugar ; 2 table-spoonsful of butter ; 2 table-spoonsful of lime juice ; 1 teacupful of hot water.

MODE.—Roll the sugar, put it in an earthen

dish with the butter, and stir both together until white, then put it in a saucepan with the cup of hot water, and set it upon the coals. Stir it steadily till it boils, add the lime juice, let it boil up again, grate a little nutmeg over and serve.

Cost 3 annas.

179.—MEAGRE SOUP.

INGREDIENTS.—6 *tablespoonsful of ghee or butter* ; 4 *onions* ; 2 *heads of celery* ; 3 *turnips* ; 1 *small cabbage*, some *spinage*, *parsley*, *thyme* or any other herbs ; 2 *quarts of water*.

MODE.—Put all the ingredints in a stew-pan over the fire and stew gently for $\frac{1}{2}$ an hour ; then add by degrees the water, and simmer till the vegetables are quite tender ; season with pepper, salt, and a little thick tamarind juice.

180.—FEELIOO.

INGREDIENTS.—1 *seer of raggie flour* ; 1 *cocoanut* ; 3 *eggs* ; 4 *large plantains* ; 10 *oz. of soft sugar* ; $\frac{1}{4}$ *teaspoon of white salt* ; $\frac{3}{4}$ *seer of ghee*.

(If preferred the eggs may be omitted.)

MODE.—Beat the eggs, roll the sugar, mash the plaintains, scrape the cocoanut and extract

the milk, first milk 1 cupful second milk 2 cupsful. Excepting the ghee mix all the ingredients well together and beat up with a spoon a little. Put half the ghee in a frying pan on a quick fire, when boiling pour in the feelioos, one table-spoon for each, don't let them touch each other, when well fried on one side turn. Add the rest of the ghee as required.

This quantity will make $3\frac{1}{2}$ doz.

Cost 7 as.

182.—RASPBERRY CAKES.

INGREDIENTS.—*Raspberries, sugar.*

MODE.—Weigh the fruit and put it on the fire in a well tinned vessel, mash well and boil till almost all the juice evaporates; add an equal weight of sugar, remove from the fire and mix well till all the sugar dissolves, spread on plates and dry in the sun, as soon as the top dries, cut with the cover of a canister into small cakes, turn them on fresh plates, put in the sun till quite dry; pack up in boxes with paper between.

183.—RAGGIE PUDDING.

(Very good.)

INGREDIENTS.—1 cupful of raggie flour; 1 cupful

of cow's milk ; 1 cocoanut ; $\frac{1}{4}$ seer of butter ; 2 tablespoonsful of soft sugar ; $\frac{1}{4}$ teaspoon of salt ; 2 oz. of plums ; 2 oz. of cashewnuts ; 4 peach leaves.

MODE.—Scrape the cocoanut and extract the milk ; 1st milk $\frac{3}{4}$ teacup, 2nd milk 1 teacupful ; mince the cashewnuts. Put the cow's milk on the fire in a stew pan, boil with the peach leaves, when boiling add the sugar and raggie flour mixed in the second cocoanut milk, keep stirring all the time, when it thickens add the 1st milk, boil till it falls in masses from the spoon, take out the peach leaves, remove from the fire, mix in the plums and cashewnuts, pour into a buttered dish, put the remaining butter in lumps on the top and bake.

Raggie flour when used for puddings &c., must be sifted twice through fine muslin.

Boiling peach leaves in milk, imparts the flavour of almonds.

Cost $4\frac{3}{4}$ as.

184.—FLUMMERY.

INGREDIENTS.— $\frac{1}{4}$ seer of cleaned and broken wheat ; $\frac{1}{2}$ seer of cow's milk ; 1 cocoanut ; $\frac{1}{2}$ seer of

blanched almonds ; sugar to the taste. Oat-meal may be used instead of the wheat.

MODE.—Scrape the cocoanut and extract the milk, 1st milk $\frac{3}{4}$ tea-cup and the 2nd 1 tea-cupful ; pound the almonds with a little milk to prevent it oiling. Boil the wheat in the cow's milk and second cocoanut milk, until quite tender, if you find it getting dry before it is well boiled add a little water, when it mashes between the fingers it is done, then add the 1st milk, almonds, and sugar, boil till very thick, and pour into a bowl.

Cost 5 annas 6 pie.

185.—BISCUITS.

INGREDIENTS.—3 lbs. of flour ; 1 lb. of sugar ; 1 lb. of butter ; 1 oz. of carraway seed ; $\frac{3}{4}$ of a pint of boiling new milk.

MODE.—Bub the flour, sugar, butter, and carraway seeds together ; make into a paste with the milk which must be added boiling, roll very thin and cut into any size ; punch full of holes, and bake on tin plates in a cool oven. If the milk is not sufficient to form the paste a little hot water may be added.

Cost 14 annas.

186.—PLUM PUDDING.

INGREDIENTS.— $\frac{1}{2}$ lb. of flour ; $\frac{1}{2}$ lb. of sugar ; $\frac{1}{2}$ lb. of butter ; $\frac{1}{2}$ lb. of raisins ; $\frac{1}{2}$ lb. of currants ; 2 oz. of preserved orange peel ; $\frac{1}{2}$ a nutmeg ; $\frac{1}{2}$ pint of milk.

MODE.—Stone the raisins, grate the nutmeg, chop up the orange peel ; rub the flour, sugar, and butter together well, then add the raisins, currants, orange peel, nutmeg, mix thoroughly, then make it into a thick batter with the milk ; the batter requires to be thick to prevent the fruit sinking in it, leave it till the next day, then if it requires a little more liquid add it. Put in a well floured cloth and boil for $1\frac{1}{2}$ hours.

Serve with sauce No. 178.

Cost 12 annas.

187.—VEGETABLE MARROW PRESERVE.

INGREDIENTS.—3 lbs. of vegetable marrow ; 3 lbs. of Astragam sugar ; 1 oz. of bruised dry ginger, or the peel of one lime, or both.

MODE.—Peel the marrow, remove the seeds and cut it up into small pieces ; boil with the ginger, in the sugar till transparent ; use no water.

The ginger must be tied in a piece of muslin, and removed when done.

Cost $8\frac{1}{2}$ as.

188.—RAGGIE PUDDING.

(Delicious.)

INGREDIENTS.— $\frac{1}{2}$ a teacup of raggie flour ; 1 cocoannt ; $\frac{1}{2}$ lb. of apples ; 2 tablespoonful of soft sugar ; $\frac{1}{4}$ seer of butter.

MODE.—Scrape the cocoanut and extract the milk, 1st milk 1 teacupful 2nd milk 2 teacupsful ; pare, core, and slice the apples. Put the 2nd milk in a well tinned brass vessel on the fire, when boiling stir with the right hand while you sprinkle in the flour with your left ; don't stop stirring for a moment (for it will settle at the bottom and burn) add the sugar ; when thick add the 1st milk, boil till it falls in masses from the spoon, remove from the fire, butter a pie dish, put in a spoonful or two of the prepared raggie, then a layer of the sliced apples, on which place one or two small pieces of butter, repeat ; the last layer must be the batter, put the remaining batter on the top and bake.

Serve cold.

Sufficient for 6 persons. Cost $4\frac{1}{2}$ annas.

Raggy flour must always be sifted through fine muslin when used for puddings, &c.

189.—ROLY-POLY PUDDING (Rich.)

INGREDIENTS.—1 *lb. of flour*; 6 *oz. of butter*; $\frac{1}{2}$ *pint of water*; *jam No. 125.*

MODE—With a knife, work the flour to a smooth paste with $\frac{1}{2}$ a pint of water; roll the crust out rather thin; place the butter over it in small pieces; dredge lightly over it some flour; and fold the paste over; repeat the rolling once more and the crust will be ready; then roll it out to the thickness of $\frac{1}{2}$ an inch. Spread the jam equally over it, leaving a small margin of paste only, where the pudding joins. Roll it up, press the ends together; dip a towel in boiling water, wring it well and sprinkle it over with flour, roll the pudding in it and tie up with some thin cord, put the pudding in boiling water, and boil for 2 hours, it should be suspended in the pot of boiling water, by tying a cord to the pudding and fastening the other end to a stick, which place across the mouth of the pot. Serve with No. 190 sauce.

Cost 5½ Annas. Sufficient for 6 persons.

190.—APPLE SAUCE.

INGREDIENTS.—*Apples, butter, a bit of lime peel, sugar. Papaw or white pumpkin with a little lime juice may be used instead of the apple.*

MODE.—Pare, core, and slice the apples ; boil them in a little water with the lime peel, when tender mash them, add a little butter and sugar to taste, heat and serve.

191.—PEACH LEATHEE.

INGREDIENTS — *Peaches, sugar.*

MODE.—This preparation is much relished by invalids. Squeeze out the pulp of very ripe peaches, add sugar to taste ; give one boil, and spread it $\frac{1}{2}$ an inch on a plate, and let it dry till it is quite dry and tough. Roll it in layers with clean paper between.

192.—GINGER NUTS.

INGREDIENTS.—2 lbs. of flour ; $\frac{1}{2}$ lb. of treacle ; $\frac{1}{2}$ lb. of sugar ; 2 oz. of dry ginger ; $\frac{3}{4}$ lb. of butter.

MODE.—Pound the ginger very fine, melt the butter, and mix all the ingredients well together ; roll out to the thickness of $\frac{1}{2}$ an inch, cut into small biscuits and bake in a moderate oven.

193.—SEED BISCUITS.

INGREDIENTS.—1 *lb.* of *flour* ; $\frac{1}{4}$ *lb.* of *sugar* ; a few *carraway seeds* ; a small *teaspoonful* of *carbonate of soda* ; *buttermilk*.

MODE.—Mix all well together with the *buttermilk* into a stiff *pasto* ; roll very thin, cut into *biscuits* and bake in a brisk oven.

194.—APPLE PRESERVED LIKE GINGER.

INGREDIENTS.—3 *lbs.* of *apples* ; 2 *lbs.* of *Astragam sugar* ; $\frac{1}{4}$ *lb.* of *green ginger* ; 1 *oz.* of *dry ginger* ; $\frac{1}{2}$ a *pint* of *boiling water* ; the *rind* of one *lemon*.

MODE.—Pare, core, and quarter the *apples*, clean the *green ginger*, divide them into pieces and slit each into halves. Pack the *apples*, *sugar*, and *green ginger* in alternate layers in a wide-mouthed jar, put it by ; next day bruise the ounce of dried *ginger*, pour over it $\frac{1}{2}$ a *pint* of *boiling water*, cover close and put by till the next day, so that the *apples* would have soaked for 2 days and the *dry ginger* infused for one day. On the third day put all the ingredients in a preserving pan on the fire (the infusion strained and added). Boil till the *apples* look clear and the *syrup* rich.

195.—BLANCMANGE.

INGREDIENTS.—4 *heaped tablespoonsful of arrow-root*; $1\frac{1}{2}$ *pint of milk*; 3 *peach leaves or the rind of half a lemon, sugar to taste.*

MODE.—Mix to a smooth batter the arrow-root with $\frac{1}{2}$ a pint of the milk; put the other pint on the fire, with the peach-leaves or lemon-peel whichever may be preferred, and boil the milk until it is well flavoured, remove the leaves or rind, and add the boiling milk to the mixed arrowroot; sweeten, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Dip a mould in cold water and pour in the blancmange when quite set, turn it out on a dish; serve with any kind of jam.

Cost 4 as.

Sufficient for 4 or 5 persons.

196.—BLANCMANGE.

(Raggie.)

INGREDIENTS.— $\frac{1}{2}$ *a teacup of raggie flour (twice sifted)*; 1 *cocoanut*; 2 *tablespoonsful of soft sugar*; 4 *peach leaves.*

MODE.—Scrape the cocoanut and extract the milk, 1st milk 1 teacupful, 2nd milk two

teacupsful. Mix to a smooth batter the raggie flour in the 1st cocoanut milk, put the 2nd milk with the peach leaves on the fire, boil till it is well flavoured, remove the leaves, add the mixed raggie flour stirring all the time, put in the sugar and boil till it comes from the saucepan and is thoroughly cooked. Dip a mould in cold water pour in the blanchmange and when quite set, turn out on a dish.

Cost $1\frac{1}{2}$ annas

Sufficient for 4 persons.

197.—STEWED TOMATOES.

INGREDIENTS.—8 *large tomatoes; pepper and salt to taste; 2 oz. of butter; 2 tablespoonsful of thick tamarind pulp.*

MODE.—Slice the tomatoes into a lined saucepan; season them with pepper and salt, and place small pieces of butter on them, cover the lid down closely and stew from 20 to 25 minutes, or until the tomatoes are perfectly tender; add the tamarind let it boil up once or twice and serve.

Cost $2\frac{1}{2}$ annas.

Sufficient for 4 or 5 persons.

198.—MUSHROOM HASH.

INGREDIENTS.—*Mushrooms ; 2 limes ; and a little butter.*

MODE.—Trim your mushrooms, and put them in a little water with the juice of a lemon. Then put into a saucepan a nice piece of butter, the juice of another lemon, and the mushrooms. Place them over the fire, and, when they have boiled five minutes, put them into a jar, and use them as you want them.

199.—MUSHROOM PICKLE.

INGREDIENTS.—*2 quarts of Mushrooms ; mixed spice, vinegar ; sweet oil ; and salt.*

MODE.—Take two quarts of small freshly-gathered mushrooms ; with a sharp-pointed knife peel off carefully their thin outside skin, and cut off the stalks closely. Prepare eight little bags of very thin clear muslin, and tie up in each bag six blades of mace, six slices of root ginger, and a small nutmeg (or half a large one) broken small, but not powdered. Have ready four glass jars, such as are considered to hold a quart ; lay a bag of spice in the bottom of each, then put in a pint of the mushrooms, laying a second bag of spice on the top. Have ready a sufficiency of the best cider vinegar, very slight-

ly seasoned with salt, allowing to each quart of vinegar but a saltspoon of salt. Fill up the jars with the vinegar, finishing at the top with two tablespoonsful of sweet oil. Immediately close up the jars, corking them tightly, and pasting thick paper, or tying a piece of leather or bladder closely down over the corks. These mushrooms will be found very fine, and, as they require no cooking, are speedily and easily prepared. When a jar is once opened it will be well to use them fast. They may be put up in small jars, or in glass tumblers, such as hold but a pint altogether, seeing that the proportions of spice in each jar or tumbler are duly divided as above. Keep them in a very dry place. If you wish the mushrooms to be of a dark colour when pickled, add a half a dozen cloves to each bag of spice; but the clove taste will most likely overpower that of the mushrooms. On no account omit the oil. If you cannot obtain button mushrooms, cut large ones into four quarters, first peeling them and removing the stems.

200.—MUSHROOM OMELET.

INGREDIENTS.—*Mushrooms; cream or rich milk; 1 onion; eggs; butter.*

MODE.—Take some fresh-gathered mushrooms; remove the stalks and rub the flaps or

heads very slightly with a little salt, mixed with cayenne. Then stew the mushrooms in a small saucepan, with barely sufficient cream or rich milk to cover them. Put in with them a small onion, and if the onion is found to turn blackish, throw away the whole, it being proof that there is among them a false or poisonous mushroom. Stir them with a silver spoon, and keep on the lid of the pan closely, unless when you are stirring. If the spoon turns black the mushrooms should not be eaten. After they have come to a boil take them off the fire, drain them, and when cool chop them small. To a pint or more of the minced mushrooms allow six or seven eggs. Beat the eggs till very light and thick (omitting the whites of two), and then mix in gradually the mushrooms, stirring the whole very hard. Put three ounces of fresh butter into a hot omelet-pan or a small frying-pan, place it over the fire, and stir the butter as it melts. When it has boiled hard put in the omelet mixture, and as it fries stir it till it begins to set. Do not turn the omelet, but brown the top by holding close above it a red-pot shovel. When done drain off the butter, fold over or double the omelet, and serve it up immediately on a hot dish.

201.—TAPP SAUCE.

INGREDIENTS.—*Green mangoes 1 lb ; salt 1 lb ; brown sugar 1 lb ; raisons 1 lb ; dried chillies $\frac{1}{2}$ lb ; green ginger $\frac{3}{4}$ lb ; garlic $\frac{1}{2}$ lb ; vinegar 3 bottles ; lime juice 1 pint.*

MODE.—First clean all the ingredients and then weigh them, and put them through a mincing machine or pound them all together, put into a jar with the vinegar and lime-juice, and let it soak for one month stirring it up daily then strain it through a wire strainer and bottle. The mango &c.; strained off makes an excellent chutney if ground.

Average cost $1\frac{1}{4}$ Rs.

202.—PUMPKIN ULVA.

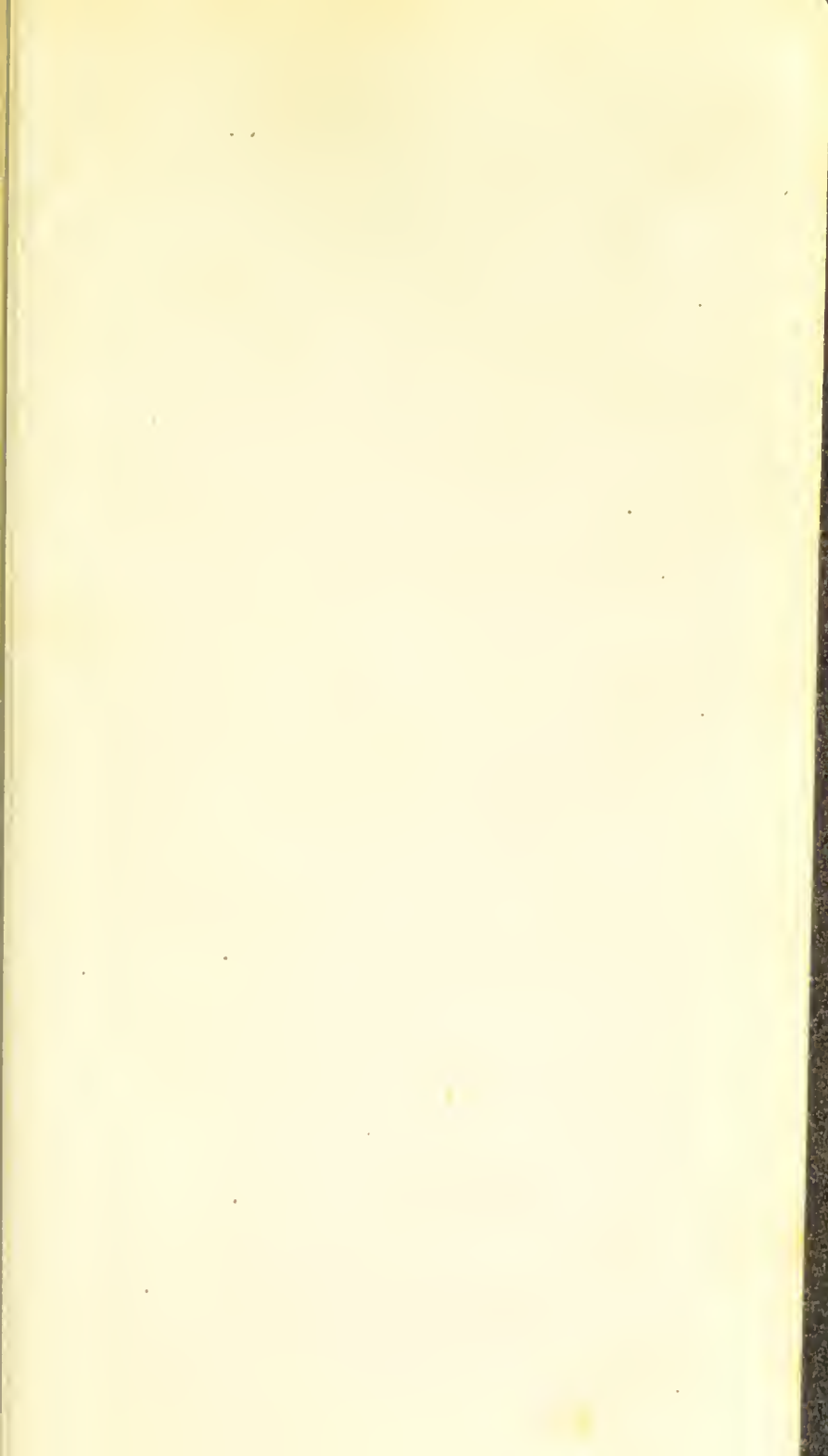
INGREDIENTS.—*A good ripe Pumpkin ; Astragam sugar 3 lbs ; 1 cocoanut ; 12 limes ; $\frac{1}{2}$ a teacupful of the pumpkin seeds.*

MODE.—Remove the rind and inner pith of the pumpkin and weigh 3 lbs. of it, which grate, draw one teacupful of thick cocoanut milk ; put the pumpkin seeds mixed with ashes in the sun and when dry shell and slice ; next put the pumpkin, sugar, lime juice and cocoanut milk in a

well tinned vessel on the fire and boil, stirring well all the time, when it gets thick put in the seeds, continue stirring till it falls in masses from the spoon, remove from the fire and press while hot into buttered moulds, turn out when cold and serve.

Average cost 11 annas.





“COOKERY FOR THE MILLION”

2ND EDITION.

Sole by LAWRENCE KRISHNASAMI AND Co.,
Auctioneers and General and Commission
Agents, No. 7, Brigade Road, Bangalore.

FURNITURE of the best and most superior
designs and make.

OILMANSTORES fresh by every Steamer
direct from the Manufacturers.

INDIAN PICKLES, JAMS, JELLIES and CON-
DIMENTS of the best Manufacture and ingre-
dients.

BEER, WINE, SPIRITS AND LIQUERS at
moderate prices.